



JOIN US

# February Intensive Swimming Courses

This February sign up to one of our 5 Day Intensive Swimming Courses. Lessons are taught by experienced instructors who provide high standards of tuition in water confidence, technique and aquatic skills. We are also running 1-2-1 and 1-2-2 lessons throughout the week at Tonbridge Swimming Pool

## MONDAY 12 - FRIDAY 16 FEBRUARY

LARKFIELD LEISURE CENTRE	TONBRIDGE SWIMMING POOL
8.30am Stage 1 - Non Swimmers	9am Stage 1 - Non Swimmers
9am Stage 2 - Beginners	9.30am Stage 2 - Beginners
9.30am Learn 2 Swim 7 Years+	10am Learn 2 Swim 7 Years+

Stage 1 to 2 Courses: £36.25 Member | £40.75 Non Member | Learn 2 Swim 7+: £25

**Stage 1 (4 years+):** Develop basic movement skills, flotation, water confidence and safety awareness with the aim to swim 5 metres with aids on front and back.

**Stage 2 (4 years+):** Develop safe entries into the water and floatation, travelling, submersion and rotations. The aim is to achieve 5 metres on the front and back without the use of aids.

**Learn 2 Swim 7 Years+ Stage 1:** Exclusively for non swimmers aged 7 years+. The aim and objective of these lessons is to improve water confidence, introduce movement in the water, water safety, submersion, flotation and for the participant to be able to complete 5 metres front and back with aids.

**To book your place please visit the centre or give us a call**

[www.larkfieldleisure.co.uk](http://www.larkfieldleisure.co.uk) - 01622 719345

[www.tonbridgepool.co.uk](http://www.tonbridgepool.co.uk) - 01732 367449

**tmactive**

# FEBRUARY HOLIDAY PROGRAMME

Monday 12– Friday 16 February 2018

## ONE TO ONE & ONE TO TWO SWIMMING LESSONS

These 5 day and 4 day intensive courses allow greater teacher contact time and quicker development. Spaces on courses are limited so book early.

5 Day	Monday to Friday	
1-2-1	Member	£107.50
	Non Member	£111.50
1-2-2	Member	£153.75
	Non Member	£160.50

4 Day	Monday to Thursday	
1-2-1	Member	£86.00
	Non Member	£89.60
1-2-2	Member	£129.00
	Non Member	£134.40

Courses can be tailored to meet your needs.  
**Call 01732 367449 to find out more.**



## KICKSTART MEMBERSHIP – LET THE FUN BEGIN!

Our KickStart Membership provides children aged 10 years and under with unlimited access to a wide range of activities across all tactive leisure centres.

For just £13 a month activities include: swimming, Larkabout Soft Play, 'A' Team Saturday Morning Fun Club, selected holiday activity sessions and more.

**For full details please visit our website or speak to a member of staff.**

**www.tonbridgepool.co.uk**  
**01732 367449**

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TONBRIDGE SWIMMING POOL