



JOIN US

# Summer Intensive Swimming Courses

Monday 24 July to Friday 25 August 2017

Come and join our Summer Intensive Swimming courses. Lessons are taught by experienced instructors who provide high standards of tuition in water confidence, technique and aquatic skills.

Courses running at Larkfield Leisure Centre and Tonbridge Swimming Pool on Monday 24 to Friday 28 July, Monday 7 to Friday 11 August and Monday 21 to Friday 25 August.

Larkfield Leisure Centre	Tonbridge Swimming Pool
Stage 1 – 8.30am	Stage 1 – 9am
Stage 2 – 9am	Stage 2 – 9.30am
Learn 2 Swim 7+ - 9.30am	Learn 2 Swim 7+ - 10am
5 Day Courses £35 Member   £39 Non Member   Learn 2 Swim Courses £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 their front and back.

**Stage 2:** Develop safe entries into the water and practice floating, travelling and rotations. The aim is to achieve 5 metres on front and back without use of aids.

**Learn 2 Swim 7+:** This lesson is specifically for those aged 7 years+ who are non-swimmers.

To book your place please visit the centre of your choice.  
Spaces will go fast so get in touch soon!

01622 719345 [www.larkfieldleisure.co.uk](http://www.larkfieldleisure.co.uk)  
01732 367449 [www.tonbridgepool.co.uk](http://www.tonbridgepool.co.uk)

**tmactive**  
MORE PEOPLE, MORE ACTIVE, MORE OFTEN

# SUMMER HOLIDAY PROGRAMME

Monday 31 July to Friday 1 September 2017

## 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 Course		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 Course		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](http://www.tonbridgepool.co.uk)**  
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TONBRIDGE SWIMMING POOL