



# SUMMER HOLIDAY ACTIVITY GUIDE

ST JAMES POOL & LYNNSPORT, King's Lynn •  
DOWNHAM LEISURE, Downham Market • OASIS, Hunstanton



**SCHOOL'S  
OUT!**

HOLIDAY & BREAKFAST CLUBS • SWIMMING  
▪ ROLLER SKATING • FUNCASTLE • TENNIS  
▪ CLIMBING & MUCH MORE!

**ACTIVITIES  
FROM  
£1\***

Alive Leisure is pleased to offer young people across West Norfolk an exciting new programme for the forthcoming school summer holidays. All of our leisure centres will stage a wide range of activities and many of them are only £1! There's also a new passport scheme to make taking part easier than ever before. So don't miss out; sign up for your activity now! And have a great summer with Alive Leisure.

Peter Lemon  
Chairman, Alive Leisure



# SUMMER HOLIDAY PASSPORT

Your 'pass' to a fun packed summer holiday of 'sport'!

NEW FOR  
2016!

**Pick one activity and pay just £15 for unlimited use over the whole summer holiday\***

**Choose from:**



(Lynnsport)



(Oasis)



(Lynnsport)



(St James Pool, Downham, Oasis)



(Lynnsport, Oasis, Downham)

**Plus: Why not add on another activity for just £5 each! - incredible value for money!**

**Extra Added Value:** With the Summer Holiday Passport you will receive a Free Alive Card valid for 12 months (regular price £7). With an Alive Card you can receive even more discounts on Swimming Fun Sessions and Crash Courses. Plus save even more money on activities throughout the rest of the year.

**\*Passport Validity:** Swimming within general swimming sessions. Roller Skating within the listed times in this guide. Tennis on a casual pay and play basis. Funcastle valid at any time. Skatepark valid at any time. Normal admission policies apply to all passport activities. Under 16's only. Ends 4 September.

## HOW TO BOOK

To book for any of the activities in this guide just call the centre where the activity is taking place. Limited spaces available for some activities, book now to guarantee your place! Payment is required at the time of booking and parents of children under the age of 8 may be required to remain on site. Some activities are outdoors, please ensure your child is prepared for all weather conditions. Programme subject to change.

\*Activities priced at more than £1 are listed separately in this guide.

## FREE EVENT!

### SUNDAY 31 JULY, KING'S LYNN

To celebrate the start of the Summer Holidays and the countdown to the Olympic Games, there will be a day of free sporting activities in the Vancouver Quarter and on the Tuesday Market Place, King's Lynn on Sunday 31 July. Why not come along and try out some of our activities such as Tennis, Climbing, Football and much more. See our website [www.aliveleisure.co.uk](http://www.aliveleisure.co.uk) for more information.

## HOLIDAY AND BREAKFAST CLUBS



**July:** Friday 22, Monday 25, Wednesday 27\*, Friday 29. **August:** Tuesday 2, Thursday 4, Monday 8, Wednesday 10\*, Friday 12, Tuesday 16, Thursday 18, Monday 22, Wednesday 24, Friday 26, Tuesday 30. **September:** Thursday 1.

### Holiday Clubs 10.00-15.00 5-14yrs

Children will love our Holiday Clubs where a fun packed day of sports is guaranteed for everyone. Activities vary every day but may include cricket, archery, speed stacking, nerf-guns, dodgeball, football, badminton and tennis.

*\*Or on 27 July and 10 August a whole day dedicated to Football Fun.*

£5 per day. Booking Essential

### Breakfast Clubs 8.00-10.00 5-14yrs

An add on club with breakfast cereal and fruit juice provided. This supervised club includes board games, computer games or films.

£1 per day. Booking Essential

The Breakfast and Holiday Clubs can be booked together or the Holiday Club separately. Children attending the Breakfast Club will be escorted to the Holiday Club by the instructors. Lunch is not provided so please bring a packed lunch or alternatively food can be purchased from our Alive Bites café.

## SUMMER HOLIDAY DIARY

### ALL ACTIVITIES £1

### WEEK ONE

#### Thursday 21 July

Archery	10.00-12.00	5-14 yrs
Indoor Adventure Play	14.00-16.00	5-15 yrs
Roller Skating	14.00-16.00	5-11 yrs

#### Friday 22 July

Gladiator Challenge	14.00-16.00	7-15 yrs
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### WEEK TWO

#### Monday 25 July

Mini Camp Chaos	09.30-11.30	5-8 yrs
Tumble Teds	14.00-15.00	3-5 yrs

#### Tuesday 26 July

Speed Stacking	10.00-12.00	5-14 yrs
Tumble Teds	10.45-11.30	18mth-3yrs
Multisport	12.00-14.00	5-14 yrs
Roller Skating	14.00-16.00	5-11 yrs

#### Wednesday 27 July

Climbing	10.00-12.00	5-8 yrs
Junior Gymnastics	10.45-12.45	5-15 yrs
Climbing	13.00-15.00	9-13 yrs

#### Thursday 28 July

Cricket	10.00-12.00	5-14 yrs
Indoor Adventure Play	14.00-16.00	5-15 yrs
Roller Skating	14.00-16.00	5-11 yrs

#### Friday 29 July

Gladiator Challenge	14.00-16.00	7-15 yrs
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## WEEK THREE

### Monday 1 August

Cricket	10.00-12.00	5-14 yrs
Speed Stacking	12.00-14.00	5-14 yrs
Pre-School Trampoline	14.00-14.45	3-5 yrs

### Tuesday 2 August

Junior Trampoline	14.00-15.00	5-8 yrs
Junior Trampoline	15.00-16.00	9-13 yrs
Roller Skating	14.00-16.00	5-11 yrs

### Wednesday 3 August

Football	10.00-12.00	5-8 yrs
Junior Gymnastics	10.45-12.45	5-15 yrs
Football	12.00-14.00	9-13 yrs
Table Tennis	14.00-16.00	8-16 yrs

### Thursday 4 August

Roller Skating	14.00-16.00	5-11 yrs
Indoor Adventure Play	14.00-16.00	5-15 yrs

### Friday 5 August

Dodgeball	10.00-12.00	5-14 yrs
Tag Rugby	12.00-14.00	5-14 yrs
Gladiator Challenge	14.00-16.00	7-15 yrs



## WEEK FOUR

### Monday 8 August

Mini Camp Chaos	09.30-11.30	5-8 yrs
Tumble Teds	14.00-15.00	3-5 yrs

### Tuesday 9 August

Badminton	10.00-12.00	7-10 yrs
Tumble Teds	10.45-11.30	18mth-3yrs
Badminton	12.00-14.00	10-14 yrs
Roller Skating	14.00-16.00	5-11 yrs

### Wednesday 10 August

Climbing	10.00-12.00	5-8 yrs
Junior Gymnastics	10.45-12.45	5-15 yrs
Climbing	13.00-15.00	9-13 yrs

### Thursday 11 August

Junior Trampoline	14.00-15.00	5-8 yrs
Junior Trampoline	15.00-16.00	9-13 yrs
Roller Skating	14.00-16.00	5-11 yrs

### Friday 12 August

Gladiator Challenge	12.00-14.00	7-15 yrs
Indoor Adventure Play	14.00-16.00	5-15 yrs



# WEEK FIVE

## Monday 15 August

Archery	10.00-12.00	5-14 yrs
Multisport	12.00-14.00	5-14 yrs
Pre-School Trampolining	14.00-14.45	3-5 yrs

## Tuesday 16 August

Indoor Adventure Play	14.00-16.00	5-15 yrs
Roller Skating	14.00-16.00	5-11 yrs

## Wednesday 17 August

Football	10.00-12.00	5-8 yrs
Junior Gymnastics	10.45-12.45	5-15 yrs
Football	12.00-14.00	9-13 yrs
Table Tennis	14.00-16.00	8-16 yrs

## Thursday 18 August

Indoor Adventure Play	14.00-16.00	5-15 yrs
Roller Skating	14.00-16.00	5-11 yrs

## Friday 19 August

Archery	10.00-12.00	5-14 yrs
Tag Rugby	12.00-14.00	5-14 yrs
Gladiator Challenge	14.00-16.00	7-15 yrs



# WEEK SIX

## Monday 22 August

Mini Camp Chaos	09.30-11.30	5-8 yrs
Tumble Teds	14.00-15.00	3-5 yrs

## Tuesday 23 August

Badminton	10.00-12.00	7-10 yrs
Tumble Teds	10.45-11.30	18mth-3yrs
Badminton	12.00-14.00	10-14 yrs
Roller Skating	14.00-16.00	5-11 yrs

## Wednesday 24 August

Climbing	10.00-12.00	5-8 yrs
Junior Gymnastics	10.45-12.45	5-15 yrs
Climbing	13.00-15.00	9-13 yrs

## Thursday 25 August

Junior Trampolining	14.00-15.00	5-8 yrs
Junior Trampolining	15.00-16.00	9-13 yrs
Roller Skating	14.00-16.00	5-11 yrs

## Friday 26 August

Gladiator Challenge	12.00-14.00	7-15 yrs
Indoor Adventure Play	14.00-16.00	5-15 yrs



## WEEK SEVEN

### Tuesday 30 August

Pre-School Trampolining	14.00-14.45	3-5 yrs
Roller Skating	14.00-16.00	5-11 yrs

### Wednesday 31 August

Football	10.00-12.00	5-8 yrs
Junior Gymnastics	10.45-12.45	5-15 yrs
Football	12.00-14.00	9-13 yrs
Table Tennis	14.00-16.00	8-16 yrs

### Thursday 1 September

Indoor Adventure Play	14.00-16.00	5-15 yrs
Roller Skating	14.00-16.00	5-11 yrs

### Friday 2 September

Gladiator Challenge	14.00-16.00	7-15 yrs
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**Gladiator Challenge** Games in the gymnastics centre that test speed, strength and skill including duel, hang tough, pyramid and the final eliminator.

**Indoor Adventure Play** A fun session in the gymnastics centre using the equipment including trampoline and soft play.



## TENNIS CAMPS

Tennis Camps for children aged 5-14 on Alive Lynnsport's brand new Tennis Courts are coming this summer holidays!

The camps are suitable for all standards of players from children who want to try the sport for the first time to those who are already playing. We create an encouraging and dynamic environment with the emphasis on teamwork, participation and – most important of all – FUN!

Sessions are delivered by our fantastic LTA registered coaching team from 'JustJC Tennis', all equipment is included.

### ALL DAY TENNIS CAMP

Tuesday 23 & Wednesday 24 August  
09.00-15.00 11yrs+  
£15 for 1 day or £20 for both.  
Competition included at the end of day 2

### TENNIS CAMP

Thursday 25 August  
10.00-12.00 5-7yrs £5  
13.00- 16.00 8-10yrs £10

### TENNIS CAMP TASTER SESSIONS

Thursdays 28 July, 4 August,  
11 August, 18 August  
09.00-10.00 5-8yrs £3  
10.00-12.00 9-14yrs £5





## SWIMMING POOL FUN SESSIONS

A great opportunity for the whole family to have fun in the swimming pool.

**Thursday 21 July – Friday 2 September**

(exc Bank Holiday Monday 29 August)

Monday - Friday 10.00-11.30 All ages.

Regular swim admission prices and policies apply.

## SWIMMING CRASH COURSES

A weeks intensive course of swimming lessons for children to gain confidence and improve aquatic skills.

**Monday 1 - Friday 5 August**

**Monday 15 - Friday 19 August**

Level 1 Crash Course 09.00-9.30

Level 2 Crash Course 09.30-10.00

### Level 1

This lesson builds water confidence through play and introduces basic stroke technique, progressing to a stage where children are water confident.

### Level 2

This lesson develops your child's confidence so that they are able to swim with basic technique without floats and armbands.

Ages 4½ +. £25 per course

Alive Card: £20.75 Concession Alive Card: £12.50

## TOP COACHING FOOTBALL DAYS

Learn new skills or develop the ones you already have whether it's your first time or you've played before. The day will end with a game so you can try your new skills in a match environment. Please bring a packed lunch.

**July:** Thursday 28. **August:** Thursdays 4, 11, 18 & 25.

**September:** Thursday 1.

10.00-15.00

5-11 yrs

£5 per day



# SUMMER HOLIDAY DIARY

## ALL ACTIVITIES £1



### WEEK ONE

#### Thursday 21 July

Dodgeball	12.30-13.30	7-11 yrs
Speed Stacking	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

#### Friday 22 July

Fitness Activity Hunt	12.30-13.30	5-11 yrs
Run Around Games	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

### WEEK TWO

#### Monday 25 July

Dodgeball	12.30-13.30	7-11 yrs
Arts and Crafts	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

#### Tuesday 26 July

Taekwondo	12.30-13.30	All Ages
Badminton	13.45-14.45	7-11 yrs
Roller Skating	15.00-16.00	All Ages

#### Wednesday 27 July

Tennis	12.30-13.30	7-11 yrs
Junior Circuits	13.30-14.30	8-14 yrs
Roller Skating	15.00-16.00	All Ages

#### Friday 29 July

Sports Day Games	12.30-13.30	5-11 yrs
Rounders	13.30-14.30	7-11 yrs
Roller Skating	15.00-16.00	All Ages

### WEEK THREE

#### Monday 1 August

Benchball	12.30-13.30	5-11 yrs
Mosaic Workshop	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

#### Tuesday 2 August

Junior Fitness	11.30-12.30	8-14 yrs
Basketball	12.30-13.30	7-11 yrs
Kwik Cricket	13.30-14.30	7-11 yrs
Roller Skating	15.00-16.00	All Ages

#### Wednesday 3 August

Athletics Fun Session	12.30-13.30	7-11 yrs
Arts and Crafts	13.30-14.30	5-11 yrs
Archery	15.00-16.00	8-14 yrs
Archery	16.00-17.00	8-14 yrs

#### Friday 5 August

Fitness Activity Hunt	12.30-13.30	5-11 yrs
Run Around Games	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages







## WEEK FOUR

### Monday 8 August

Dodgeball	12.30-13.30	7-11 yrs
Arts and Crafts	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

### Tuesday 9 August

Taekwondo	12.30-13.30	All Ages
Badminton	13.45-14.45	7-11 yrs
Roller Skating	15.00-16.00	All Ages

### Wednesday 10 August

Tennis	12.30-13.30	7-11 yrs
Junior Circuits	13.30-14.30	8-14 yrs
Archery	15.00-16.00	8-14 yrs
Archery	16.00-17.00	8-14 yrs

### Friday 12 August

Sports Day Games	12.30-13.30	5-11 yrs
Rounders	13.30-14.30	7-11 yrs
Roller Skating	15.00-16.00	All Ages

## WEEK FIVE

### Monday 15 August

Benchball	12.30-13.30	5-11 yrs
Mosaic Workshop	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

### Tuesday 16 August

Junior Fitness	11.30-12.30	8-14 yrs
Basketball	12.30-13.30	7-11 yrs
Kwik Cricket	13.30-14.30	7-11 yrs
Roller Skating	15.00-16.00	All Ages

### Wednesday 17 August

Athletics Fun Session	12.30-13.30	7-11 yrs
Arts and Crafts	13.30-14.30	5-11 yrs
Archery	15.00-16.00	8-14 yrs
Archery	16.00-17.00	8-14 yrs

### Friday 19 August

Fitness Activity Hunt	12.30-13.30	5-11 yrs
Run Around Games	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages



# WEEK SIX

## Monday 22 August

Dodgeball	12.30-13.30	7-11 yrs
Arts and Crafts	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

## Tuesday 23 August

Taekwondo	12.30-13.30	All Ages
Badminton	13.45-14.45	7-11 yrs
Roller Skating	15.00-16.00	All Ages

## Wednesday 24 August

Tennis	12.30-13.30	7-11 yrs
Junior Circuits	13.30-14.30	8-14 yrs
Archery	15.00-16.00	8-14 yrs
Archery	16.00-17.00	8-14 yrs

## Friday 26 August

Sports Day Games	12.30-13.30	5-11 yrs
Rounders	13.30-14.30	7-11 yrs
Roller Skating	15.00-16.00	All Ages



# WEEK SEVEN

## Tuesday 30 August

Junior Fitness	11.30-12.30	8-14 yrs
Basketball	12.30-13.30	7-11 yrs
Kwik Cricket	13.30-14.30	7-11 yrs
Roller Skating	15.00-16.00	All Ages

## Wednesday 31 August

Athletics Fun Session	12.30-13.30	7-11 yrs
Arts and Crafts	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

## Friday 2 September

Fitness Activity Hunt	12.30-13.30	5-11 yrs
Run Around Games	13.30-14.30	5-11 yrs
Roller Skating	15.00-16.00	All Ages

# SUMMER HOLIDAY DIARY

## ALL ACTIVITIES £1

### WEEK ONE

#### Thursday 21 July

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Junior Fitness	13.00-14.00	8-15 yrs

#### Friday 22 July

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

### WEEK TWO

#### Monday 25 July

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

#### Tuesday 26 July

Multisport*	10.00-11.00	5-11 yrs
Rounders*	11.00-12.00	5-11 yrs
Dodgeball*	12.30-13.30	5-11 yrs
Run Around Games*	13.30-14.30	5-11 yrs

#### Wednesday 27 July

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Junior Fitness	15.00-16.00	8-15 yrs

#### Thursday 28 July

Football*	10.00-11.00	5-11 yrs
Ultimate Frisbee*	11.00-12.00	5-11 yrs
Run Around Games*	12.30-13.30	5-11 yrs
Dodgeball*	13.30-14.30	5-11 yrs

#### Friday 29 July

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs



### WEEK THREE

#### Monday 1 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

#### Tuesday 2 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Junior Fitness	15.00-16.00	8-15 yrs

#### Wednesday 3 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Junior Fitness	15.00-16.00	8-15 yrs

#### Thursday 4 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Run Around Games	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

#### Friday 5 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

\*These activities will take place at Hunstanton Recreation ground. Bookings and payment taken at Alive Oasis.

## WEEK FOUR

### Monday 8 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

### Tuesday 9 August

Multisport*	10.00-11.00	5-11 yrs
Rounders*	11.00-12.00	5-11 yrs
Dodgeball*	12.30-13.30	5-11 yrs
Run Around Games*	13.30-14.30	5-11 yrs

### Wednesday 10 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Junior Fitness	15.00-16.00	8-15 yrs

### Thursday 11 August

Football*	10.00-11.00	5-11 yrs
Ultimate Frisbee*	11.00-12.00	5-11 yrs
Run Around Games *	12.30-13.30	5-11 yrs
Dodgeball*	13.30-14.30	5-11 yrs

### Friday 12 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs



\*These activities will take place at Hunstanton Recreation ground. Bookings and payment taken at Alive Oasis.

## WEEK FIVE

### Monday 15 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

### Tuesday 16 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Junior Fitness	15.00-16.00	8-15 yrs

### Wednesday 17 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Junior Fitness	15.00-16.00	8-15 yrs

### Thursday 18 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Run Around Games	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

### Friday 19 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs



# WEEK SIX

## Monday 22 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

## Tuesday 23 August

Multisport*	10.00-11.00	5-11 yrs
Rounders*	11.00-12.00	5-11 yrs
Dodgeball*	12.30-13.30	5-11 yrs
Run Around Games*	13.30-14.30	5-11 yrs

## Wednesday 24 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Junior Fitness	15.00-16.00	8-15 yrs

## Thursday 25 August

Football*	10.00-11.00	5-11 yrs
Ultimate Frisbee*	11.00-12.00	5-11 yrs
Run Around Games *	12.30-13.30	5-11 yrs
Dodgeball*	13.30-14.30	5-11 yrs

## Friday 26 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs



# WEEK SEVEN

## Tuesday 30 August

Funcastle Challenge	09.00-10.00	5-10 yrs
Table Tennis	12.00-13.00	8-15 yrs
Junior Circuits	15.00-16.00	8-15 yrs

## Wednesday 31 August

Funcastle Challenge	09.00-10.00	5-10 yrs
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## Thursday 1 September

Funcastle Challenge	09.00-10.00	5-10 yrs
Run Around Games	10.00-11.00	5-11 yrs
Table Tennis	12.00-13.00	8-15 yrs

## Friday 2 September

Funcastle Challenge	09.00-10.00	5-10 yrs
Roller Skating	13.00-14.00	5-11 yrs
Junior Fitness	15.00-16.00	8-15 yrs

## SWIMMING POOL FUN SESSIONS

A great opportunity for the whole family to have fun in the swimming pool.

**Tuesdays:** 26 July. 2, 9, 16, 23 & 30 August.  
14.00 – 15.30

**Thursdays:** 28 July. 4, 11, 18 & 25 August &  
1 September. 14.00 -15.30

For all ages.

Regular swim admission prices and policies apply.



## SWIMMING CRASH COURSES

A weeks intensive course of swimming lessons for children to gain confidence and improve aquatic skills.

**Monday 25 -Friday 29 July, Monday 8 - Friday 12 August, Monday 22 - Friday 26 August**

Level 1 Crash Course 9.00-9.30

Level 2 Crash Course 9.30-10.00

### Level 1

This lesson builds water confidence through play and introduces basic stroke technique, progressing to a stage where children are water confident.

### Level 2

This lesson develops your child's confidence so that they are able to swim with basic technique without floats and armbands.

For ages 4½ + £25 per course.

Alive Card: £20.75 Concession Alive Card: £12.50

# JOIN THE



To find out about our Bee Fit Club,  
see the website [www.beeclub.co.uk](http://www.beeclub.co.uk)

Look out for Bumble, who will be making an appearance  
at some of the Summer Holiday Activities

# ***We have it all covered!***



**FOR ALL  
YOUR  
MOTORING  
NEEDS CALL  
DUFF  
MORGAN**

*Established  
in 1909*



**CITROËN**



DS AUTOMOBILES  
SPIRIT OF  
AVANT-GARDE



**SEAT**

- Over 150 used vehicles in group stock
- Main Citroen, DS & SEAT vehicle dealer
- Peugeot Authorised Repairer
- Dedicated Business Centre - Vans/Cars
- Class 4, 5 and 7 MOT's
- Dedicated Express Service Department for all makes Servicing and Repairs



## **Call us on: 01553 770144**

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