



What's On This Summer Holiday

Junior
LIFEGUARD

Boogie
Boarding &
Finning

Snorkelling

Junior MEDIC

Junior
Lifeguard
Academy

Parent,
Baby &
Toddler

1/2 hour group
sessions

Diving

Private
Tuition

Water
Aerobics

**Intensive
Swimming Courses**

Our popular courses are suitable for
non-swimmers, beginners and improvers!
SMALL GOUPS

STA Levels
Stanley Octopus Goldfish Angelfish



Join Water Lilies Swimming School this August
for fantastic activities in the pool

Course Details & Prices

Intensive Courses

Our popular short intensive 3 and 4 day swim courses really help children to build confidence and improve technique. It has been proven that children learn and retain new skills more easily over short intensive periods of time.

Stanley: Suitable for under 5s

Octopus: School age beginners / non-swimmers

Goldfish: Advanced beginners can swim 5-10m front and back

Angelfish: Improvers

£24 for three 1/2 hour lessons

£32 for four 1/2 hour lessons

All small groups - maximum 4 children per group

Parent, Baby and Toddler

Join us in our fun and friendly baby swim classes!

The STA Starfish & Stanley 2-3 yr Awards are a wonderful introduction for babies and toddlers, from as young as 6 weeks up to three years old, to swimming in a safe and supportive environment.

£9 per 1/2 hour class

Adult Water Aerobics Fun and invigorating classes for all ages and abilities!

£9 for 45 minute class

Private Tuition Our excellent 1:1 or 2:1 lessons for children and adults in a quiet environment with little distraction!

£22.50 per 1/2 hour (1:1 or 2:1)

Private Hire Enjoy the beautiful Redlingfield pool for a relaxing private swim with friends / family. Maximum 8 people.

£15 per 1/2 hour

Snorkelling Boogie Board & Finning Junior Medic Diving for Beginners Junior Lifeguard

These fun-packed one hour sessions are designed to give pupils an early introduction to the basic skills, whichever you choose. All sessions provide underwater confidence, body awareness and develop skills.

£13.50 per one hour session

Includes hire of equipment. One hour lessons.

Junior Lifeguard Academy Mixed Activities

If you like the sound of all of the activities above, we've introduced a dedicated two hour session that delivers a brilliant mixture of them.

Come and give it a try!

£22.50 per two hour session

Includes hire of equipment.

Junior Medic is an exciting one hour course that teaches children the basics in first aid needed at home or in an emergency - a valuable life skill!

Junior Lifeguard is a fun, action packed one hour course learning basic water survival skills through lifeguarding techniques, including water rescue.

Boogie Boarding & Finning is a fun and different way to learn rescue skills.

The one hour sessions count towards the STA Presidents Seal award for Water Lilies' Junior Lifeguard Academy.

REDLINGFIELD POOL

Week 1

TIME	Weds 3rd Aug	Thurs 4th Aug	Friday 5th Aug
2:30pm			Private Tuition
3:00pm		Private Tuition	Snorkelling
3:30pm		Private Tuition	
4:00pm	Goldfish Int (A)	Goldfish Int (A)	Goldfish Int (A)
4:30pm	Stanley Int (A)	Stanley Int (A)	Stanley Int (A)
5:00pm	Octopus Int (A)	Octopus Int (A)	Octopus Int (A)
5:30pm	Octopus Int (B)	Octopus Int (B)	Octopus Int (B)

Week 2

TIME	Weds 10th Aug	Thursday 11th Aug	Friday 12th Aug
2.30pm			Private Tuition
3.00pm		Starfish 6 wks - 12 mths	Private Tuition
3.30pm		Starfish 12 - 24 mths	Stanley 2 - 3 years
4.00pm	Octopus Int (C)	Octopus Int (C)	Octopus Int (C)
4.30pm	Stanley Int (B)	Stanley Int (B)	Stanley Int (B)
5.00pm	Octopus Int (D)	Octopus Int (D)	Octopus Int (D)
5.30pm	Goldfish Int (B)	Goldfish Int (B)	Goldfish Int (B)

Week 3

TIME	Weds 17th Aug	Thurs 18th Aug	Friday 19th Aug
2:30pm			Private Tuition
3:00pm		Starfish 6 wks - 12 mths	Private Tuition
3:30pm		Starfish 12 - 24 mths	Stanley 2 - 3 years
4:00pm	Stanley Int (C)	Stanley Int (C)	Stanley Int (C)
4:30pm	Octopus Int (E)	Octopus Int (E)	Octopus Int (E)
5:00pm	Octopus Int (F)	Octopus Int (F)	Octopus Int (F)
5:30pm	Goldfish Int (C)	Goldfish Int (C)	Goldfish Int (C)



Private hire of the lovely Redlingfield pool is also available throughout August!

Please contact Water Lilies Swimming School to book



HARLESTON POOL

Week 1

Time	Mon 1st Aug			Tues 2nd Aug			Weds 3rd Aug			Thurs 4th Aug		
9:00am	Stanley Int (A)	Angelfish Int (A)	DIVING	Stanley Int (A)	Angelfish Int (A)	Junior Lifeguard Academy 2hr session	Stanley Int (A)	Angelfish Int (A)	Private Tuition	Stanley Int (A)	Angelfish Int (A)	Private Tuition
9:30am	Octopus Int (A)	Goldfish Int (A)		Octopus Int (A)	Goldfish Int (A)		Octopus Int (A)	Goldfish Int (A)	Private Tuition	Octopus Int (A)	Goldfish Int (A)	Private Tuition
10:00am	Goldfish Int (B)	Octopus Int (B)	Private Tuition	Goldfish Int (B)	Octopus Int (B)		Goldfish Int (B)	Octopus Int (B)	Private Tuition	Private Tuition	Octopus Int (B)	Private Tuition
10:30am	Private Tuition	Angelfish Int (B)	Private Tuition	Stanley Int (B)	Angelfish Int (B)		Stanley Int (B)	Angelfish Int (B)	Private Tuition	Stanley Int (B)	Angelfish Int (B)	Private Tuition
11:00am	Private Tuition	Octopus Int (C)	Private Tuition	Stanley Int (C)	Octopus Int (C)	Private Tuition	Stanley Int (C)	Octopus Int (C)	Snorkelling	Stanley Int (C)	Private Tuition	Private Tuition
11:30am	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition		Private Tuition	Private Tuition	Private Tuition

Week 2

Time	Tues 9th Aug			Weds 10th Aug			Thurs 11th Aug			Fri 12th Aug		
9:00am	Stanley Int (D)	Boogie Board & Finning	Octopus Int (D)	Stanley Int (D)	Junior Lifeguard Academy 2hr session	Octopus Int (D)	Stanley Int (D)	Private Tuition	Octopus Int (D)	Stanley Int (D)	DIVING	Octopus Int (D)
9:30am	Octopus Int (E)		Octopus Int (F)	Octopus Int (E)		Octopus Int (F)	Octopus Int (E)	Private Tuition	Octopus Int (F)	Octopus Int (E)		Private Tuition
10:00am	Goldfish Int (C)	Octopus Int (G)	Private Tuition	Goldfish Int (C)		Octopus Int (G)	Goldfish Int (C)	Junior Medic	Octopus Int (G)	Snorkelling	Private Tuition	Private Tuition
10:30am	Stanley Int (E)	Angelfish (C)	Private Tuition	Stanley Int (E)		Angelfish (C)	Stanley Int (E)		Angelfish (C)		Angelfish (C)	Private Tuition
11:00am	Goldfish Int (D)	Private Tuition	Private Tuition	Goldfish Int (D)	Private Tuition	Private Tuition	Goldfish Int (D)	Private Tuition	Private Tuition	Goldfish Int (D)	Junior Lifeguard	Private Tuition
11:30am	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition		Private Tuition

Week 3

Time	Tues 16th Aug			Weds 17th Aug			Thurs 18th Aug			Fri 19th Aug		
9:00am	Stanley Int (F)	Octopus Int (H)	Junior Medic	Stanley Int (F)	Octopus Int (H)	Boogie Board & Finning	Stanley Int (F)	Octopus Int (H)	DIVING	Stanley Int (F)	Octopus Int (H)	Junior Lifeguard Academy 2hr session
9:30am	Octopus Int (I)	Goldfish Int (E)		Octopus Int (I)	Goldfish Int (E)		Octopus Int (I)	Goldfish Int (E)		Private Tuition	Private Tuition	
10:00am	Goldfish Int (F)	Octopus Int (J)	Junior Lifeguard	Goldfish Int (F)	Octopus Int (J)	Private Tuition	Goldfish Int (F)	Octopus Int (J)	Snorkelling	Goldfish Int (F)	Private Tuition	
10:30am	Stanley Int (G)	Angelfish (D)		Stanley Int (G)	Angelfish (D)	Private Tuition	Stanley Int (G)	Angelfish (D)		Private Tuition	Private Tuition	
11:00am	Octopus Int (K)	Octopus Int (L)	Private Tuition	Octopus Int (K)	Octopus Int (L)	Private Tuition	Octopus Int (K)	Octopus Int (L)	Private Tuition	Octopus Int (K)	Private Tuition	Private Tuition
11:30am	Octopus Int (M)	Private Tuition	Private Tuition	Octopus Int (M)	Private Tuition	Private Tuition	Octopus Int (M)	Private Tuition	Private Tuition	Octopus Int (M)	Private Tuition	Private Tuition

BUNGAY - OAKLANDS POOL

Week 4

Time	Mon 22nd Aug			Tues 23rd Aug			Weds 24th Aug			Thurs 25th Aug		
9:30am					Private Tuition	Starfish 6 wks – 12 mths						
10.00am	Stanley Int (A)	Goldfish Int (A)	Private Tuition	Stanley Int (A)	Goldfish Int (A)	Private Tuition	Stanley Int (A)	Goldfish Int (A)	Private Tuition	Stanley Int (A)	Goldfish Int (A)	Starfish 1-2 yrs
10.30am	Octopus Int (A)	Angelfish Int (A)	Private Tuition	Octopus Int (A)	Angelfish Int(A)	Private Tuition	Octopus Int (A)	Angelfish Int (A)	Private Tuition	Octopus Int (A)	Angelfish Int (A)	Private Tuition
11:00am	Stanley Int (B)	Octopus Int (B)	Private Tuition	Stanley Int (B)	Octopus Int (B)	Private Tuition	Stanley Int (B)	Octopus Int (B)	Private Tuition	Stanley Int (B)	Octopus Int (B)	Stanley 2-3yrs
11:30am	Octopus Int (C)	Goldfish Int (B)	Snorkelling	Octopus Int (C)	Goldfish Int (B)	Private Tuition	Octopus Int (C)	Goldfish Int (B)	Starfish 1-2yrs			
12.00pm	Private Tuition	Private Tuition		Private Tuition	Private Tuition	Private Tuition						

Some of your comments from 2015...

“Ella really enjoyed the 3 day swimming course!” Laura

“Have once again received a fabulous first class service from Water Lilies.” Kelly

“Oliver enjoyed the summer courses immensely. He’s had such a great time with all the tutors, listening intently, learning so much & now he is putting in to practice all that he has been taught”

Emma

“My daughter Maddison and 4 friends attended the Junior Lifeguard session at Harleston swimming pool.

They really enjoyed the lesson and thought the instructor who took them was fantastic! Watching, I thought it was brilliant too.” Tracey



PULHAM MARKET POOL

Throughout August...

Time	Thursdays during August
11.30am	Water Aerobics
12.15pm	Starfish 6mths - 3 yrs

We're now booking term-time swimming lessons for the Autumn Term, starting Sept 2016...



If you currently use timeshare at Pulham Market Pool, extra timeshare slots are available during August. Please contact us for more information.

Weekly Swimming Lessons

We teach excellent **STA Learn to Swim** lessons at lovely heated private pools in Harleston, Bungay, Pulham Market, Redlingfield, Quidenham, Shelfanger, Fressingfield, Ubbeston, Shadingfield, Burgh St Peter, Monk Soham and Long Stratton.

STA classes for all ages and abilities:

Babies from 6 weeks old, under 5s, school age beginner and improvers. Guaranteed small groups of just 4 children for beginner classes.

Private Tuition 1:1 and 2:1 also booking.

TO BOOK CALL 01379 740489

EMAIL treacle@waterliliesswim.co.uk

.....Cut along this line.....

Summer Activities 2016 BOOKING FORM

Child's name _____

D.O.B _____

Address _____

Postcode _____

Email _____

Contact Tel _____

Medical / Learning Difficulties (please specify)

Course/s _____

Pool _____

Day/s _____

Date/s _____

Time _____

Payment

I enclose a cheque */ cash for amount of
£_____ to secure my place on the above course/s

Parent /Carer Signature:

SORRY NO BOOKING WITHOUT PAYMENT

*There is a 50p charge for cheques

You can also pay by CARD by phoning the Water Lilies
Swimming School Office on **01379 740489**

Return together with payment to :

Water Lilies Swimming School, Waveney House,
Bungay Road, Scole, Norfolk IP21 4DX.

www.waterliliesswim.co.uk