

OUR 10 YEAR  
ANNIVERSARY



# What's On This Summer Holiday



Snorkelling

Junior  
LIFEGUARD

Boogie  
Boarding &  
Finning

Parent,  
Baby &  
Toddler

Junior MEDIC

Diving

1/2 hour group  
sessions

Junior  
Lifeguard  
Academy

**Intensive  
Swimming Courses**

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

Private  
Tuition

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*

## Snorkelling Boogie Board & Finning Junior Medic Diving 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.**

## 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

## 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.**

## Private Tuition

Our excellent 1:1 or 2:1 lessons for children and adults are tailored to your needs

**£22.50** per 1/2 hour (1:1 & 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



**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.

# BUNGAY - OAKLANDS POOL

## Week 2

Time	Mon 14th Aug			Tues 15th Aug			Weds 16th Aug		Thurs 17th Aug	
9:30am				Starfish 1 - 2 yrs	Stanley 2 - 3yrs	Private Tuition	Starfish 6 wks - 12 mths	Starfish 1 - 2 yrs		
10.00am	Stanley Int (D)	Goldfish Int (B)	Private Tuition	Stanley Int (D)	Goldfish Int (B)	Private Tuition	Stanley Int (D)	Goldfish Int (B)	Stanley Int (D)	Goldfish Int (B)
10.30am	Octopus Int (C)	Angelfish Int (B)	Private Tuition	Octopus Int (C)	Angelfish Int (B)	Private Tuition	Octopus Int (C)	Angelfish Int (B)	Octopus Int (C)	Angelfish Int (B)
11:00am	Stanley Int (E)	Octopus Int (D)	Private Tuition	Stanley Int (E)	Octopus Int (D)	Private Tuition	Stanley Int (E)	Octopus Int (D)	Stanley Int (E)	Octopus Int (D)
11:30am	Octopus Int (E)	Goldfish Int (C)	Private Tuition	Octopus Int (E)	Goldfish Int (C)	Private Tuition	Octopus Int (E)	Goldfish Int (C)		
12.00pm	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition				

## Week 3

Time	Mon 21st Aug			Tues 22nd Aug			Weds 23rd Aug		Thurs 24th Aug	
9:30am				Private Tuition	Stanley 2 - 3yrs	Private Tuition	Private Tuition	Starfish 1 - 2 yrs		
10.00am	Stanley Int (F)	Goldfish Int (D)	Private Tuition	Stanley Int (F)	Goldfish Int (D)	Private Tuition	Stanley Int (F)	Goldfish Int (D)	Stanley Int (F)	Goldfish Int (D)
10.30am	Octopus Int (F)	Angelfish Int (C)	Private Tuition	Octopus Int (F)	Angelfish Int (C)	Private Tuition	Octopus Int (F)	Angelfish Int (C)	Octopus Int (F)	Angelfish Int (C)
11:00am	Stanley Int (G)	Octopus Int (G)	Private Tuition	Stanley Int (G)	Octopus Int (G)	Private Tuition	Stanley Int (G)	Octopus Int (G)	Stanley Int (G)	Octopus Int (G)
11:30am	Octopus Int (H)	Goldfish Int (E)	Private Tuition	Octopus Int (H)	Goldfish Int (E)	Private Tuition	Octopus Int (H)	Goldfish Int (E)		
12.00pm	Private Tuition	Starfish 6 wks - 12 mths	Private Tuition	Starfish 6 wks - 12 mths	Private Tuition	Private Tuition				

"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**

"Ella really enjoyed the 3 day swimming course!" **Laura**

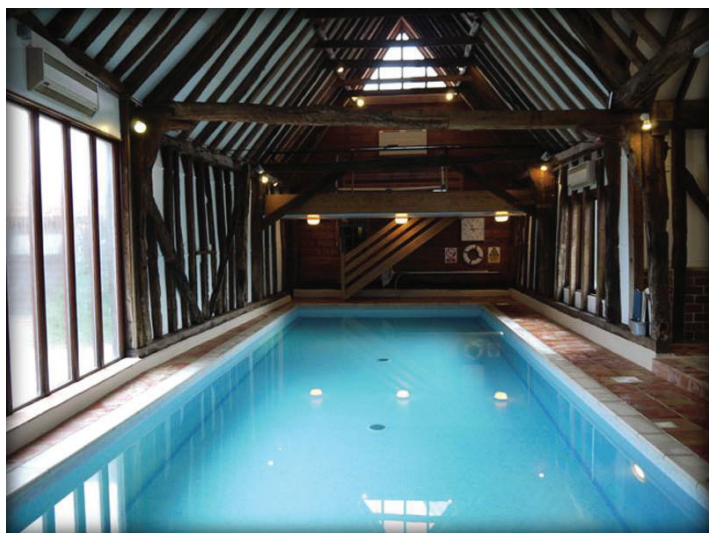
# REDLINGFIELD POOL nr Eye

## Week 1

TIME	Weds 9th Aug	Thurs 10th Aug	Friday 11th Aug
2:30pm			Private Tuition
3:00pm		Private Tuition	Private Tuition
3:30pm		Private Tuition	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 16th Aug	Thursday 17th Aug	Friday 18th Aug
2.30pm			Private Tuition
3.00pm		Starfish 6 weeks to 18 months	Private Tuition
3.30pm		Starfish 18 months to 3 years	Private Tuition
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			



Enjoy a swim with family and friends!

Private hire of this lovely Redlingfield pool is available throughout August

Maximum 8 people per booking. £15 per half an hour.

Contact Water Lilies Swimming School  
to book: 01379 740489



# HARLESTON POOL

## Week 3

Time	Tues 22nd Aug			Weds 23rd Aug			Thurs 24th Aug			Fri 25th Aug			
9:00am	Stanley Int (A)	Octopus Int (A)	Junior Medic	Stanley Int (A)	Octopus Int (A)	Boogie Board & Finning	Stanley Int (A)	Octopus Int (A)	DIVING	Stanley Int (A)	Octopus Int (A)	Junior Lifeguard Academy 2hr session	
9:30am	Octopus Int (B)	Goldfish Int (A)		Octopus Int (B)	Goldfish Int (A)		Octopus Int (B)	Goldfish Int (A)		Private Tuition	Private Tuition		
10.00am	Goldfish Int (B)	Octopus Int (C)	Junior Lifeguard	Goldfish Int (B)	Octopus Int (C)	Private Tuition	Goldfish Int (B)	Octopus Int (C)	Snorkelling	Goldfish Int (B)	Octopus Int (C)		
10.30am	Stanley Int (B)	Angelfish Int (A)		Stanley Int (B)	Angelfish Int (A)	Private Tuition	Stanley Int (B)	Angelfish Int (A)		Private Tuition	Private Tuition		
11:00am	Octopus Int (D)	Octopus Int (E)	Snorkelling	Octopus Int (D)	Octopus Int (E)	Private Tuition	Octopus Int (D)	Octopus Int (E)	Junior Lifeguard	Octopus Int (D)	Private Tuition		Private Tuition
11:30am	Octopus Int (F)	Private Tuition		Octopus Int (F)	Private Tuition	Private Tuition	Octopus Int (F)	Private Tuition		Octopus Int (F)	Private Tuition		Private Tuition

## More about...

"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

**SNORKELLING** is an exciting one hour course that is fun and helps swimmers develop co-ordination, communication skills and general water fitness. You'll learn hand signals, how to use the snorkel, mask and fins, how to enter and exit the pool safely, correct finning techniques. Come and join in!

**DIVING** in this fun, action packed one hour course swimmers will learn to perform various progressive dives from the poolside from sitting dive, kneeling dive, squat, crouch and lunge dive through to plunge dive depending on ability.

**BOOGIE BOARDING & FIN SWIMMING**  
Join us to learn body surfing skills and how to use the boogie board (body board) safely! In the fun session you'll learn how to get on the board, strokes, turning and stopping, skills for when a wave is approaching. You'll also learn fin swimming skills on the surface and underwater.

**£13.50 per one hour session**  
**Includes hire of equipment**



**We're now booking term-time swimming lessons for the Autumn Term starting September 2017...**

## **Come and join in!**

### **Parent & Babies / Toddlers**

We welcome babies from 6 weeks old to 3 years to our fun and friendly classes full of singing and toys in a safe and supportive environment

### **Under 5s**

Fun and motivating swimming classes with no more than 4 children in a group! For children aged 3 years to rising 5s

### **School Age Swimming Lessons**

Popular after school and Saturday morning swimming lessons. Guaranteed small groups of just 4 children!\*

### **Development Squad**

An introduction to competitive swimming for advanced swimmers

### **Harleston Stingrays Swimming Club**

### **Private Tuition**

Build your confidence in the water, improve your technique with one to one private tuition, for adults and children.

Also available two to one private tuition!

## **Weekly Swimming Lessons**

High quality Water Lilies' swimming lessons and sessions for all ages and abilities in lovely heated private pools across Norfolk & Suffolk!

**Bungay**

**Burgh St Peter**

**Harleston**

**Fressingfield**

**Pulham Market**

**Redlingfield nr Eye**

**Shelfanger**

**Ubbeston nr Laxfield**

**Wortham**

**Woodrising nr Hingham**



**Contact Us: 01379 740489**

[treacle@waterliliesswim.co.uk](mailto:treacle@waterliliesswim.co.uk)

[www.waterliliesswim.co.uk](http://www.waterliliesswim.co.uk)

LIKE us on Facebook @WaterLiliesSwimmingSchool

\*Advanced swimmers Angelfish Badge upwards may have 5 in a group

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

# **Summer Activities 2017 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](http://www.waterliliesswim.co.uk)**