

## Course Details and Prices

- Swimming lessons - £6.50 per 1/2 hour - By having small groups of no more than 4 we are able to give your child the instruction they need to enable them to swim and improve in a safe and fun way. Watch your child progress in intensive lessons.
- Private Swimming lessons - £17.10 per 1/2 hour (1:1 / 2:1) - in a quiet environment with little distraction booked at a convenient time to suit yourself.
- Snorkelling - £10.60 per hour inc. hire of equipment - You will learn the basics of snorkelling in the beginner sessions and more advanced skills in the improver.
- Distance Swim - £7.50 per hour - test yourselves to see how far you can swim in an hour!!
- Breaststroke, Back Crawl & Front Crawl Clinics with turns - £11.50 – A one-hour session to improve the efficiency of the stroke through streamlining and ironing out any technical difficulties. The session will include starts, turns and finishes according to the child's ability.
- Water Polo - £9.00 per hour - these are designed to introduce pupils to the basic skills of the game - how are you at treading water, throwing a ball one handed?
- Swim/fun/snorkel - £13.50 per 1 ½ hours - Learn the basics of snorkelling safely, have a general swimming lesson and also have a fun session at the end.
- Diving Beginner - £9.00 per hour - designed to give pupils an early introduction to diving skills. It will provide under water confidence, body awareness and develop skills for springing, preparing the diver to progress to advance skills (See below).
- Diving Improver/Advanced - £9.00 per hour – This is designed to teach pupils competitive diving i.e. forward jump with pike, spring header dive etc. Pupils must have completed a beginner's course.
- Personal Survival – £9.00 per hour – Level 1 & Level 2 (Level 1 must be completed to do Level 2). In these sessions the pupils first warm themselves up with a variety of swimming challenge activities before practising their personal survival techniques. They practise towing, floating, surface diving and retrieving objects from the bottom of the pool. Shorts and T-shirts will be required.
- Brownie/Cub/Scout Badges - £7.50 – This is your chance to come along and achieve your Brownie Badges with a qualified instructor. Please remember to bring along your book to sign. If time allows a fun time at the end will be included.
- Scuba - £20.00 – Scuba is a form of underwater diving in which a diver uses a scuba set to breathe underwater. Unlike early diving, which relied exclusively on air pumped from the surface, scuba divers carry their own source of breathing allowing them greater freedom than with an air line. Both surface supplied and scuba diving allow divers to stay underwater significantly longer than with breath-holding techniques as used in snorkelling and free-diving. Why not come and give it a try with Dive Line from Ipswich. Children must be aged 8 and above.



Making a splash throughout Norfolk & Suffolk



## Easter 2011 Programme

### *Courses Available*

Under 5's, Beginner 1,  
Beginner 2, Improver,  
Swimming Lessons  
PLUS  
Diving  
Snorkelling/Scuba  
Personal Survival  
Brownie/Cub/Scout Badges,  
Snorkel, Swim & Fun  
Private Tuition  
Breaststroke, Front Crawl  
& Back Crawl Clinics with turns

**Also booking at 8 pools near you after Easter!**  
**Badingham, Walpole, Holton, Redlingfield, Fressingfield,**  
**Shelfanger, Framlingham & Flixton Road, Bungay**

### About us!

We are fully qualified, CRB checked and insured swimming instructors

with several years of instructing all levels.

9 Pipers Meadow, Worlingworth, Suffolk, IP13 7PG

t: 01728 628731 m: 07919 108646

e: [treacle@waterliliesswim.co.uk](mailto:treacle@waterliliesswim.co.uk) w: [www.waterliliesswim.co.uk](http://www.waterliliesswim.co.uk)

## Programme

### Badingham Pool

Dates	Day	Course Name	Time
Swimming Lessons Week 1 (11 <sup>th</sup> Apr – 15 <sup>th</sup> Apr)	Mon to Fri	Under 5's	9:00 – 9:30am
		Beginner 1	9:30 – 10:00am
Week 2 (18 <sup>th</sup> Apr – 21 <sup>st</sup> Apr)	Mon to Thurs	Beginner 2	10:00 – 10:30am
		Improver	10:30 – 11:00am
11 <sup>th</sup> April	Mon	Front Crawl Clinic/Turns	11:00 – 12:00noon
12 <sup>th</sup> April	Tues	Snorkelling - Beginner	9:00 – 10:00am
		Snorkelling - Improver	10:00 – 11:00am
		Brownie/Cub Badges	11:00 – 12:00noon
		Personal Survival Level 1	11:00 – 12:00noon
13 <sup>th</sup> April	Wed	Snorkel, Swim & Fun	9:00 – 10:30am
		Snorkel, Swim & Fun	10:30 – 12:00 noon
		Personal Survival Level 2	11:00 – 12:00 noon
14 <sup>th</sup> April	Thurs	Diving – Beginner	9:00 – 10:00am
		Diving – Improver	10:00 – 11:00am
		Breast Stroke Clinic/Turns	11:00 – 12:00 noon
		Distance Awards	11:00 – 12:00 noon
15 <sup>th</sup> April	Fri	Water Polo	9:00 – 10:00am
		Private Tuition	10:00 – 11:00am
		Fun Session	11:00 – 12:00noon
18 <sup>th</sup>	Mon	Back Stroke Clinic/Turns	11:00 – 12:00noon
19 <sup>th</sup>	Tues	Snorkelling	11:00 – 12:00noon
20 <sup>th</sup>	Wed	Diving	11:00 – 12:00noon
21 <sup>st</sup>	Thurs	Butterfly Clinic/Turns	11:00 – 12:00noon

### Walpole Pool

Dates	Day	Course Name	Time
Swimming Lessons Week 1 (11 <sup>th</sup> Apr – 14 <sup>th</sup> Apr)	Mon to Thurs	Under 5's	2:00 – 2:30pm
		Beginner 1	2:30 – 3:00pm
Week 2 (18 <sup>th</sup> Apr – 21 <sup>st</sup> Apr)	Mon to Thurs	Beginner 2	3:00 – 3:30pm
		Improver	3:30 – 4:00pm
11 <sup>th</sup> April	Mon	Brownie/Cub Badges	4:00 – 5:00pm
12 <sup>th</sup> April	Tues	Diving - Beginner	4:00 – 5:00pm
13 <sup>th</sup> April	Wed	Front Crawl Clinic	4:00 – 5:00pm
14 <sup>th</sup> April	Thurs	Personal Survival Level 1	4:00 – 5:00pm
18 <sup>th</sup> April	Mon	Snorkelling	4:00 – 5:00pm
19 <sup>th</sup> April	Tues	Personal Survival Level 2	4:00 – 5:00pm
20 <sup>th</sup> April	Wed	Diving – Improver	4:00 – 5:00pm
21 <sup>st</sup> April	Thurs	Distance Swim	4:00 – 5:00pm

### Redlingfield Pool

Dates	Day	Course Name	Time
Swimming Lessons Week 1 & 2 – 13 <sup>th</sup> & 20 <sup>th</sup> April	Wed	Under 5's	1:30 – 2:00pm
		Parent & Toddler	2:00 – 2:30pm
		Beginner 1	2:30 – 3:00pm
Week 1 only - 15 <sup>th</sup> April	Fri	Under 5's	3:00 – 3:30pm
		Parent & Toddler	3:30 – 4:00pm

### Redlingfield Cont....

Fri	Beginner 1	4:00 – 4:30pm
	Beginner 2	4:30 – 5:00pm

### Shelfanger Pool

Dates	Day	Course Name	Time
Swimming Lessons		Under 5's	9:00 – 9:30am or 2:00 – 2:30pm on Weds Only
Week 1 (11 <sup>th</sup> Apr – 15 <sup>th</sup> Apr)	Mon to Fri	Beginner 1	9:30 – 10:00am or 2:30 – 3:00pm on Weds Only
Week 2 (18 <sup>th</sup> Apr – 21 <sup>st</sup> Apr)	Mon to Thurs	Beginner 2	10:00 – 10:30am or 3:00 – 3:30pm on Weds Only
		Improver	10:30 – 11:00am or 3:30 – 4:00pm on Weds Only
11 <sup>th</sup> April	Mon	Parent & Baby/Toddler	11:00 – 11:30am
		Beginner 1	11:30 – 12 noon
12 <sup>th</sup> April	Tues	Front Crawl Clinic/Turns	11:00 – 12:00noon
13 <sup>th</sup> April	Wed	Breast Stroke Clinic/Turns	11:00 – 12:00noon
14 <sup>th</sup> April	Thurs	Butterfly Clinic/Turns	11:00 – 12:00noon
15 <sup>th</sup> April	Fri	Personal Survival Level 1	11:00 – 12:00noon
18 <sup>th</sup> April	Mon	Snorkelling – Beginner	11:00 – 12:00noon
19 <sup>th</sup> April	Tues	Brownie/Cub Badges	11:00 – 12:00noon
20 <sup>th</sup> April	Wed	Personal Survival Level 2	11:00 – 12:00noon
21 <sup>st</sup> April	Thurs	Back Stroke Clinic/Turns	11:00 – 12:00noon
13 <sup>th</sup> & 20 <sup>th</sup> April	Wed	Private Tuition	4:00 – 4:30pm 4:30 – 5:00pm

### Oaklands Leisure Pool, Flixton Road, Bungay

Dates	Day	Course Name	Time
Swimming Lessons Week 1 (11 <sup>th</sup> , 12 <sup>th</sup> & 13 <sup>th</sup> April)	Mon to Wed	Under 5's	10:00 – 10:30am
		Beginner 1	10:30 – 11:00am
Sat 16 <sup>th</sup> April	Sat	Under 5's	9:00 – 9:30am
		Beginner 1	9:30 – 10:00am
Week 2 (18 <sup>th</sup> Apr – 21 <sup>st</sup> Apr)	Mon to Thurs	Beginner 2	11:00 – 11:30am
16 <sup>th</sup> April	Sat	Under 5's	9:00 – 9:30am
		Beginner 1	9:30 – 10:00am
		Front Crawl Clinic/Turns	10:00 – 10:30am
		Front Crawl Clinic/Turns	10:30 – 11:00am
11 <sup>th</sup> April	Mon	Snorkelling	11:30 – 12:30pm
12 <sup>th</sup> April	Tues	Improver Swimming Lessons	11:30 – 12:00noon
13 <sup>th</sup> April	Wed	Personal Survival	11:30am – 12:30pm
14 <sup>th</sup> April	Thurs	Scuba Diving	10:00 – 11:00am 11:00 – 12:00noon 12:00 – 1:00pm
16 <sup>th</sup> April	Sat	Front Crawl Clinic/Turns	10:00 – 11:00am
		Snorkelling	11:00 – 12:00noon
18 <sup>th</sup> April	Mon	Distance Awards	11:30 – 12:30noon
19 <sup>th</sup> April	Tues	Improver Swimming Lessons	11:30 – 12:00noon
20 <sup>th</sup> April	Wed	Breast Stroke Clinic/Turns	11:30 – 12:30pm
21 <sup>st</sup> April	Thurs	Snorkel, Swim & Fun	11:30 – 1:00pm

See overleaf for descriptions and prices of courses



## Easter 2011 Booking Form

Child's Name .....

Address .....

..... Post code .....

Tel. No. .... Mobile .....

D.O.B .....

Medical/Learning Difficulties .....

.....

Course	Day	Time	Pool	Cost £
			TOTAL	£

Parent/Carer Signature .....

I enclose a cheque/cash for the amount of ..... to secure my place on the above course/s. NO BOOKINGS WITH OUT PAYMENT!

THERE IS A 50P CHARGE FOR CHEQUES.

You can also pay by card by phoning the office on 01728 628731

(Please make cheques payable to T. Snelling)

Return together with payment to:

Water Lilies Swimming School, 9 Pipers Meadow, Worlingworth, Woodbridge,  
Suffolk IP13 7PG

e: [treacle@waterliliesswim.co.uk](mailto:treacle@waterliliesswim.co.uk) w: [www.waterliliesswim.co.uk](http://www.waterliliesswim.co.uk)



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