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 w: www.waterliliesswim.co.uk

Programme

Badingham Pool		Fiogramme					
Dates	Day	Course Name	Time				
Swimming Lessons		Under 5's	9:00 - 9:30am				
Week 1 (11 th Apr – 15 th Apr)	Mon to Fri	Beginner 1	9:30 – 10:00am				
Week 2 (18 th Apr – 21 st Apr)	Mon to Thurs	Beginner 2	10:00 – 10:30am				
		Improver	10:30 - 11:00am				
11 th April	Mon	Front Crawl Clinic/Turns	11:00 – 12:00noon				
12 th 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 th 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 th 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 th April	Fri	Water Polo	9:00 - 10:00am				
		Private Tuition	10:00 - 11:00am				
		Fun Session	11:00 – 12:00noon				
18 th	Mon	Back Stroke Clinic/Turns	11:00 – 12:00noon				
19 th	Tues	Snorkelling	11:00 – 12:00noon				
20 th	Wed	Diving	11:00 – 12:00noon				
21 st	Thurs	Butterfly Clinic/Turns	11:00 – 12:00noon				
Walpole Pool Dates	Day	Course Name	Time				
Swimming Lessons	Day	Under 5's					
Week 1 (11 th Apr – 14 th	Mon to		2:00 – 2:30pm 2:30 – 3:00pm				
Apr)	Thurs	Beginner 1	2.30 – 3.00pm				
Week 2 (18 th Apr – 21 st Apr)	Mon to Thurs	Beginner 2	3:00 – 3:30pm				
		Improver	3:30 - 4:00pm				
11 th April	Mon	Brownie/Cub Badges	4:00 - 5:00pm				
12 th April	Tues	Diving - Beginner	4:00 - 5:00pm				
13 th April	Wed	Front Crawl Clinic	4:00 - 5:00pm				
14 th April	Thurs	Personal Survival Level 1	4:00 - 5:00pm				
18 th April	Mon	Snorkelling	4:00 - 5:00pm				
19 th April	Tues	Personal Survival Level 2	4:00 - 5:00pm				
20 th April	Wed	Diving – Improver	4:00 - 5:00pm				
21 st April	Thurs	Distance Swim	4:00 - 5:00pm				
Redlingfield Pool							
Dates	Day	Course Name	Time				
Swimming Lessons	I	Under 5's	1:30 – 2:00pm				
Week 1 & 2 – 13 th &	Wed	Parent & Toddler	2:00 – 2:30pm				
20 th April	1	Beginner 1	2:30 – 3:00pm				
Week 1 only - 15 th April	<u>-</u> .	Under 5's	3:00 – 3:30pm				
	Fri	Parent & Toddler	3:30 - 4:00pm				

Beginner 2	Padlingfield Cont	edlingfield Cont Fri Beginner 1 4:00 – 4:30pm					
Dates	neulligheid Cont	[[]	Beginner 1	4:00 – 4:30pm 4:30 – 5:00pm			
Dates	Shelfanger Pool		beginner 2	4:30 – 5:00pm			
Week 1 (11th Apr - 15th Apr) Beginner 1		Dav	Course Name	Time			
Apr)	Swimming Lessons		Under 5's	9:00 – 9:30am or 2:00 – 2:30pm on Weds Only			
Apri	Apr)	Fri		2:30 – 3:00pm on Weds Only			
11th April			Beginner 2	3:00 – 3:30pm on Weds Only			
Beginner 1			'	3:30 – 4:00pm on Weds Only			
12th April	11 th April	Mon	Parent & Baby/Toddler	11:00 - 11:30am			
13th April							
14th April	12 th April			11:00 – 12:00noon			
15th April	13 th April	Wed		11:00 – 12:00noon			
18th April	14 th April	Thurs					
19 th April	15 th April						
20 th April		Mon					
20 th April Wed Personal Survival Level 2 11:00 – 12:00noon 21 st April Thurs Back Stroke Clinic/Turns 11:00 – 12:00noon 13 th & 20 th April Wed Private Tuition 4:00 – 4:30pm 4:30 – 5:00pm	19 th April	Tues	Brownie/Cub Badges	11:00 – 12:00noon			
13" & 20" April Wed Private Tuition 4:00 - 4:30pm		Wed		11:00 – 12:00noon			
August August		Thurs	Back Stroke Clinic/Turns	11:00 – 12:00noon			
Oaklands Leisure Pool, Flixton Road, Bungay Day Course Name Time Swimming Lessons Week 1 (11th, 12th & 13th April) Mon to Wed Beginner 1 10:30 – 10:30am Sat 16th April Sat Under 5's 9:00 – 9:30am Week 2 (18th Apr – 21st Apr) Mon to Thurs Beginner 1 9:30 – 10:00am 16th April Sat Under 5's 9:00 – 9:30am Beginner 1 9:30 – 10:00am 11:00 – 11:30am Beginner 1 9:30 – 10:00am 11:00 – 11:30am Beginner 1 9:30 – 10:00am 10:00 – 10:30am Front Crawl Clinic/Turns 10:00 – 10:30am 10:30 – 11:00am 11th April Mon Snorkelling 11:30 – 12:30pm 12th April Tues Improver Swimming Lessons 11:30 – 12:30pm 14th April Thurs Scuba Diving 11:30 – 12:30pm 16th April Sat Front Crawl Clinic/Turns 10:00 – 11:00am 16th April Sat Front Crawl Clinic/Turns 10:00 – 11:00am 16th April Sat Front Crawl Clinic/Turns 10:00 – 12:00noon	13 th & 20 th April	Wed	Private Tuition				
Date Day Course Name Time	Oaldanda Laianna Baal El	inter Dead	D	4:30 – 5:00pm			
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April			Doginnor 1				
Beginner 1 9:30 - 10:00am							
Front Crawl Clinic/Turns	Week 2 (18 st Apr – 21 st Apr)	Thurs	Beginner 2	11:00 – 11:30am			
Front Crawl Clinic/Turns 10:30 – 11:00am	Week 2 (18 th Apr – 21 st Apr) 16 th April	Thurs	Beginner 2 Under 5's	11:00 – 11:30am 9:00 – 9:30am			
11 th April	Week 2 (18 th Apr – 21 st Apr) 16 th April	Thurs	Beginner 2 Under 5's Beginner 1	11:00 – 11:30am 9:00 – 9:30am 9:30 – 10:00am			
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19 th April Tues Improver Swimming Lessons 11:30 – 12:00noon	Apr) 16 th April 11 th April 12 th April 13 th April 14 th April 16 th April	Mon Tues Wed Thurs Sat Mon	Beginner 2 Under 5's Beginner 1 Front Crawl Clinic/Turns Front Crawl Clinic/Turns Snorkelling Improver Swimming Lessons Personal Survival Scuba Diving Front Crawl Clinic/Turns Snorkelling Distance Awards	11:00 – 11:30am 9:00 – 9:30am 9:30 – 10:00am 10:00 – 10:30am 10:30 – 11:00am 11:30 – 12:30pm 11:30 – 12:30pm 11:30am – 12:30pm 10:00 – 11:00am 11:00 – 12:00noon 12:00 – 1:00pm 10:00 – 11:00am 11:00 – 12:00noon			
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21 st April Thurs Snorkel, Swim & Fun 11:30 – 1:00pm	Apr) 16 th April 11 th April 12 th April 13 th April 14 th April 16 th April 16 th April 20 th April 20 th April	Mon Tues Wed Thurs Sat Mon Tues Wed Wed Wed	Beginner 2 Under 5's Beginner 1 Front Crawl Clinic/Turns Front Crawl Clinic/Turns Snorkelling Improver Swimming Lessons Personal Survival Scuba Diving Front Crawl Clinic/Turns Snorkelling Distance Awards Improver Swimming Lessons Breast Stroke Clinic/Turns	11:00 – 11:30am 9:00 – 9:30am 9:30 – 10:00am 10:00 – 10:30am 10:30 – 11:00am 11:30 – 12:30pm 11:30 – 12:30pm 10:00 – 11:00am 11:00 – 12:00noon 12:00 – 1:00pm 10:00 – 11:00am 11:00 – 12:00noon 11:30 – 12:30noon 11:30 – 12:30noon 11:30 – 12:30noon			

Thurs Snorkel, Swim & Fun 11:30 – 1:00pm

See overleaf for descriptions and prices of courses



Easter 2011 Booking Form

Return together with payment to: Water Lilies Swimming School, 9 Pipers Meadow, Worlingworth, Woodbridge,

Suffolk IP13 7PG

e: treacle@waterliliesswim.co.uk w: www.waterliliesswim.co.uk

	Nater		3
Easter	2011 E	_{ming school} Bookit	ng Form

Water Lilies Swimming School, 9 Pipers Meadow, Worlingworth, Woodbridge,

Suffolk IP13 7PG

e: treacle@waterliliesswim.co.uk w: www.waterliliesswim.co.uk

Child's Name					Child's Name							
Address					Address							
											Tel. No	
D.O.B					D.O.B							
Medical/Learning Difficulties					Medical/L	earning Difficultion	es					
Course	Day	Time	Pool	Cost £		Course	Day	Time	Pool	Cost £		
			TOTAL	£					TOTAL	£		
Parent/Carer Signature					Parent/Car	er Signature						
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				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:					(Please make cheques payable to T. Snelling) Return together with payment to:							