

Holiday courses run every school holiday at all of our Life Leisure pools. Children swim every day and therefore build up their confidence quickly which shows in the progression they make.

Please go here to book your holiday course <https://lifeleisure.courseprohome.co.uk/home>

### **August holiday courses**

2<sup>nd</sup> – 6<sup>th</sup> August (5 days) £34

9<sup>th</sup> – 13<sup>th</sup> August (5 days) £34

16<sup>th</sup> – 20<sup>th</sup> August (5 days) £34

23<sup>rd</sup> – 27<sup>th</sup> August (5 days) £34

### **Courses on offer are:**

#### **SWIM TOTS (3 YRS+) Parent in the water**

Suitable for children aged 3 -4 years who cannot swim without support

Life Leisure Hazel Grove 9.15am

Life Leisure Cheadle 9.15am week 2<sup>nd</sup> and 16<sup>th</sup> Aug

Life leisure Cheadle 11am week 2<sup>nd</sup> and 16<sup>th</sup> Aug

#### **BEGINNERS (4 YRS +) Parent in the water**

Suitable for children aged 4year plus who cannot swim without support

Life Leisure Hazel Grove 9.50am

Life Leisure Grand Central 10.10am

Life Leisure Romiley 9am and 11.15am

Life Leisure Cheadle 9.50am week 2<sup>nd</sup> and 16<sup>th</sup> Aug

Life leisure Cheadle 10.25am week 2<sup>nd</sup> and 16<sup>th</sup> Aug

#### **5 AND 10M IMPROVERS (4 YRS +)**

Suitable for children who can swim 5 or 10m front or back.

Life Leisure Hazel Grove 10.25 & 11.35am

Life Leisure Grand Central 10.50am

Life Leisure Romiley 9.35am

Life Leisure Cheadle 10.25am week 2<sup>nd</sup> and 16<sup>th</sup> Aug

Life leisure Cheadle 9.15am week 2<sup>nd</sup> and 16<sup>th</sup> Aug

Life leisure Cheadle 9.50am week 2<sup>nd</sup> and 16<sup>th</sup> Aug

## STROKE IMPROVEMENT

Suitable for children who can swim 10m front and back. This course introduces Back Crawl, Front Crawl, Breaststroke, Water Skills and Deep water experience. Working towards swimming a length of pool front and back.

Life Leisure Hazel Grove 11am

Life Leisure Grand Central 9.30am

Life Leisure Romiley 10.10am

Life Leisure Cheadle 11am week 2<sup>nd</sup> and 16<sup>th</sup> Aug