

HOLME VALLEY AMATEUR SWIMMING CLUB

Summer Time Table

Due to holiday commitments of our Club Coaches this year we will once again operate the Club **ONE NIGHT** per week during the School summer holidays

This year the Club will **only OPEN on Thursday evenings**. During these evenings we will hold our ever popular "Swim For Fun Sessions". If your child normally swims on a **Tuesday** evening please bring them to the **Thursday** swim sessions.

Swim for Fun Sessions Thursday 26th July 2012 Thursday 2nd/9th/16th/23rd/30th August 2012

NO TUESDAY NIGHT SWIMMING ON
24th/31st/July
7th/14th/21st/28th August

The format of the Thursday evenings will be:

- 7.00-7.20** All swimmers (Tuesday and Thursday night swimmers) who normally have lessons at 7.00 will have a shorter lesson on a Thursday only
- 7.20-8.00** Pool Frog 1 and Pool Frog 2 swimmers to have Swim for Fun Sessions (supervised play sessions using balls etc in the shallow end)
- 7.20-8.15** All swimmers with Pool Frog 3 and above (that is deep end swimmers) Swim for Fun Sessions using the middle to deep end of the Pool
- 8.15-9.00** Adult Swimming
Children aged 13 plus might prefer to swim during the adult swim session instead of participating in our Swim for Fun sessions. This is purely length swimming and not for play.

Your child can bring along a friend or relative to these sessions. These children **MUST BE 6 years old and be able to swim at least 50 metres** if they wish to join in the "deep end" game sessions. There will be the normal charge of £2.00 per child swim. We are limited to 50 swimmers per session.

Normal lessons will resume on Tuesday 4th September 2012

Yvonne