

## Crash Courses

We run Crash Courses for children and adults during the summer holidays. Each course is run over 5 consecutive days, with 1/2 hour sessions at the same time each day. Our next crash courses will be held in August 2010 at Holy Trinity School.

A Crash Course can provide an ideal chance for children and or adults already having swimming lessons to build on skills they are currently learning. They are also equally as effective as an introduction to swimming lessons, or on a “one-off” basis to brush up on skills previously learned.

Our Crash Courses are open to children and adults who are already attending Neptune lessons **and** to those who are not.

### August 2010 Crash Course

**Monday 2<sup>nd</sup> August to Friday 6th August 2010**

**Monday 16<sup>th</sup> August to Friday 20<sup>th</sup> August 2010**

**Cost: - Child Lessons £30.00 for week. Adult & Child lessons £20 for week. Adult lessons £35 for week.**

Time of Classes	Class 1	Class 2	Class 3
9.30am – 10.00am	Adults only	Adult & Child	Ducklings
10.00am – 10.30am	Ducklings	Beginners	Improvers
10.30am – 11.00am	Beginners	Improvers	Intermediates
11.00am – 11.30am	Adult & Child	Beginners	Intermediates

**Ducklings = swimmers with armbands**

**Beginners = no armbands but still require floats etc**

**Improvers = those who can swim but need technique improving**

**Intermediates = those who currently swim lengths**

**Adult & Child Class = Parent accompanying child in water**

**For an application form please ask at desk or email [lessons@neptunelts.co.uk](mailto:lessons@neptunelts.co.uk)**