

## Swim School

# Top Up Workshops Programme

## September - December 2019

**Updated “Top Up” workshop programme for September to December.**

These 30 minute sessions on Tuesdays at **4.30pm** are just £3.00 each and will focus on the development of specific aquatic skills and are designed to compliment their regular lesson attendance to aid children at stage 5+ to develop and improve specific skills which may be slowing their development back within the main lesson programme.

**Please book your child’s place in advance at reception as places will be limited.**

**Please note:** These sessions will not be assessed against the ASA stage criteria and are only available for children already enrolled on our group swimming lessons.

<b>Date:</b>	<b>Workshop:</b>	<b>Date:</b>	<b>Workshop:</b>
17 <sup>th</sup> September	Breaststroke	5 <sup>th</sup> November	Butterfly
24 <sup>th</sup> September	Butterfly	12 <sup>th</sup> November	Egg beater kick, treading water & synchro sequence
1 <sup>st</sup> October	Frontcrawl – focus on breathing	19 <sup>th</sup> November	Frontcrawl – focus on breathing
8 <sup>th</sup> October	Stroke skills, surface dives, sculling and treading water.	26 <sup>th</sup> November	Starts and turns including diving.
15 <sup>th</sup> October	Starts and turns including diving.	3 <sup>rd</sup> December	Breaststroke
29 <sup>th</sup> October	Breaststroke	10 <sup>th</sup> December	Butterfly