



# Swim School

## Top Up Workshops Programme

### January to March 2020.

#### Updated “Top Up” workshop programme for January to March 2020.

These 30 minute sessions on Tuesdays at **4.30pm** are just £4.00 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 Swim England 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>                                   |
|---------------------------|--|------------------------|--|
| 14 <sup>th</sup> January  | Breaststroke   | 3 <sup>rd</sup> March  | Butterfly  |
| 21 <sup>st</sup> January  | Butterfly  | 10 <sup>th</sup> March | Egg beater kick, treading water & synchro sequence |
| 28 <sup>th</sup> January  | Frontcrawl – focus on breathing                            | 17 <sup>th</sup> March | Frontcrawl – focus on breathing                    |
| 4 <sup>th</sup> February  | Stroke skills, surface dives, sculling and treading water. | 24 <sup>th</sup> March | Starts and turns including diving.                 |
| 11 <sup>th</sup> February | Starts and turns including diving.                         | 31 <sup>st</sup> March | Breaststroke                                       |
| 25 <sup>th</sup> February | Breaststroke   |                        |  |