

# BOOTHAM SWIM SCHOOL

## SUMMER HOLIDAY SWIMMING PROGRAMME 2021

### Week One: Monday 26<sup>th</sup> July – Friday 30<sup>th</sup> July

9.00am – 9.45am	Synchronised Swimming
9.50am – 10.35am	Front crawl and Diving
10.40am – 11.10am	Stroke Technique
11.15am – 1.30pm	121 / 122 lessons (30 minutes per lesson)
1.35pm – 2.05pm	New Beginners
2.10pm – 2.40pm	Beginners
2.45pm – 3.15pm	Beginners Two
3.20pm – 3.50pm	Beginners (age 7 / 8 years)
3.55pm – 4.25pm	Emerging Swimmers

### Week Two: Monday 2<sup>nd</sup> August – Friday 6<sup>th</sup> August

9.00am – 9.30am	Emerging Swimmers
9.35am – 10.05am	New Beginners
10.10am – 10.40am	Beginners Two
10.45am – 11.15am	Beginners (age 7 / 8 years)
11.20am – 11.50am	Beginners
11.55am – 12.40pm	Coaching
12.45pm – 1.30pm	Front crawl and Diving
1.35pm – 2.05pm	Stroke Technique
2.10pm – 4.25pm	121 / 122 lessons (30 minutes per lesson)

### Week Three: Monday 9<sup>th</sup> August – Friday 13<sup>th</sup> August

9.00am – 9.30am	Stroke Technique
9.35am – 10.20am	Front crawl and Diving
10.25am – 11.10am	Rookie Lifesaving
11.15am – 1.30pm	121 / 122 lessons (30 minutes per lesson)
1.35pm – 2.05pm	Emerging Swimmers
2.10pm – 2.40pm	Beginners
2.45pm – 3.15pm	Beginners Two
3.20pm – 3.50pm	Beginners (age 7 / 8 years)
3.55pm – 4.25pm	Beginners Two

**Beginners** – 5 years +      **Beginners Two** – 5 metre swimmers      **Emerging Swimmers** – 10 metre swimmers  
**Stroke Technique** - Improvers and Personal Survival swimmers  
**Front crawl and Diving** - Bronze, Silver and Gold swimmers      **Coaching** - swimmers who have completed Gold  
**Rookie Lifesaving / Synchronised Swimming** – swimmers who have completed Bronze

#### Costs:

Group Courses: 5 days, Monday to Friday, 30-minute lesson, cost £36.25, 45-minute lesson, cost £41.25  
One to One Lessons: £25.00 per half hour, One to Two Lessons: £30.00 per half hour

*Priority Booking for existing Bootham Swim School pupils from 9.00am  
on Saturday 19<sup>th</sup> June 2021  
Open booking from 9.00am on Friday 25<sup>th</sup> June 2021*

**Bookings and enquires are preferred by e-mail: [catherine@boothamswimschool.co.uk](mailto:catherine@boothamswimschool.co.uk)**  
Places can be reserved via e-mail, but payment must be received for a booking to be confirmed

**Please contact Catherine for more details or to make a booking:  
E-mail: [catherine@boothamswimschool.co.uk](mailto:catherine@boothamswimschool.co.uk) or Tel: 07923 416425**