

	Time	Start Date	End Date	Price
MONDAY				
Pre-school	11.30-12.00	14-Aug	02-Oct	£28.80
Please contact pool to book in these classes	12.00-12.30	14-Aug	02-Oct	£28.80
	12.30-13.00	14-Aug	02-Oct	£28.80
Swim Skills 1b	15.30-16.00	14-Aug	02-Oct	£28.80
Swim Skills 3	15.30-16.00	14-Aug	02-Oct	£28.80
Swim Skills 1a	16.00-16.30	14-Aug	02-Oct	£28.80
Swim Skills 1b	16.00-16.30	14-Aug	02-Oct	£28.80
Swim Skills 1b	16.00-16.30	14-Aug	02-Oct	£28.80
Swim Skills 3	16.00-16.30	14-Aug	02-Oct	£28.80
Swim Skills 1a	16.30-17.00	14-Aug	02-Oct	£28.80
Swim Skills 1b	16.30-17.00	14-Aug	02-Oct	£28.80
Swim Skills 2	17.00-17.30	14-Aug	02-Oct	£28.80
Swim Skills 3	17.00-17.30	14-Aug	02-Oct	£28.80
Swim Skills 4	17.30-18.00	14-Aug	02-Oct	£28.80
TUESDAY				
Pre-school	12.00-12.30	15-Aug	03-Oct	£28.80
Please contact pool to book in these classes	12.30-13.00	15-Aug	03-Oct	£28.80
	15.30-16.00	15-Aug	03-Oct	£28.80
Swim Skills 2	15.30-16.00	15-Aug	03-Oct	£28.80
Swim Skills 3	15.30-16.00	15-Aug	03-Oct	£28.80
Swim Skills 1b	16.00-16.30	15-Aug	03-Oct	£28.80
Swim Skills 2	16.00-16.30	15-Aug	03-Oct	£28.80
Swim Skills 1a	16.30-17.00	15-Aug	03-Oct	£28.80
Swim Skills 1b	16.30-17.00	15-Aug	03-Oct	£28.80
Swim Skills 3	16.30-17.00	15-Aug	03-Oct	£28.80
Swim Skills 1a	17.00-17.30	15-Aug	03-Oct	£28.80
Swim Skills 1b	17.00-17.30	15-Aug	03-Oct	£28.80
Swim Skills 4	17.30-18.00	15-Aug	03-Oct	£28.80

	Time	Start Date	End Date	Price
WEDNESDAY				
Pre-school	14.00-14.30	16-Aug	04-Oct	£28.80
Please contact pool to book in these classes	14.30-15.00	16-Aug	04-Oct	£28.80
	15.00-15.30	16-Aug	04-Oct	£28.80
Swim Skills 2	15.30-16.00	16-Aug	04-Oct	£28.80
Swim Skills 3	15.30-16.00	16-Aug	04-Oct	£28.80
Swim Skills 1a	16.00-16.30	16-Aug	04-Oct	£28.80
Swim Skills 1b	16.00-16.30	16-Aug	04-Oct	£28.80
Swim Skills 1a	16.30-17.00	16-Aug	04-Oct	£28.80
Swim Skills 4	16.30-17.00	16-Aug	04-Oct	£28.80
Swim Skills 2	17.00-17.30	16-Aug	04-Oct	£28.80
Swim Skills 3	17.00-17.30	16-Aug	04-Oct	£28.80
THURSDAY				
Pre-school	14.00-14.30	17-Aug	05-Oct	£28.80
Please contact pool to book in these classes	14.30-15.00	17-Aug	05-Oct	£28.80
	16.00-16.30	17-Aug	05-Oct	£28.80
Swim Skills 1b	16.00-16.30	17-Aug	05-Oct	£28.80
Swim Skills 3	16.00-16.30	17-Aug	05-Oct	£28.80
Swim Skills 1b	16.30-17.00	17-Aug	05-Oct	£28.80
Swim Skills 4	16.30-17.00	17-Aug	05-Oct	£28.80
Swim Skills 1a	17.00-17.30	17-Aug	05-Oct	£28.80
Swim Skills 3	17.00-17.30	17-Aug	05-Oct	£28.80
Swim Skills 2	17.30-18.00	17-Aug	05-Oct	£28.80
Swim Skills 3	17.30-18.00	17-Aug	05-Oct	£28.80
FRIDAY				
Pre-school	12.00-12.30	18-Aug	06-Oct	£28.80
Please contact pool to book in these classes	12.30-13.00	18-Aug	06-Oct	£28.80
	16.00-16.45	18-Aug	06-Oct	£28.80
Club Ready	16.00-16.45	18-Aug	06-Oct	£28.80

New Framework

Encouraging your child to learn to swim from a young age is one of the most important life skills you can give them and if they enjoy the water from a young age they will do so for the rest of their lives.

The new Scottish Swimming Framework is designed to teach children through fun, playing games and other activities in the pool that will help them learn core swimming skills such as breathing, submerging and moving in the water. Swimming strokes will be introduced gradually once your child has learned the basic core water skills and techniques.

Learn to swim @ the Scalloway Pool
Junior
SWIMMING COURSES
August - October 2017

LEVEL	AIM
Pre-school	To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids as required).
Swim Skills 1	To further develop water confidence and develop core aquatic skills with buoyancy aids
Swim Skills 2	To increase the competency of the core aquatic skills and develop basic stroke technique
Swim Skills 3	Introduce more advanced stroke technique and achieve 'Triple S' standard
Swim Skills 4	To improve the quality of stroke technique, introduce multi aquatic skills / disciplines and basic lifesaving skills
Club Ready	To improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is 'Club Ready'



Please note that some of the classes advertised may now be fully booked when it comes to booking in to a class. If this is the case please contact the Scalloway Pool and staff will be on hand to assist.

Telephone:
Scalloway Pool - 01595 807716
Book online at www.srt.org.uk

