



Swimming courses

April - December 2016



Terms and conditions

- No free swimming permitted before or after lessons.
- The centre reserves the right to alter this lesson timetable subject to demand.
- No family members permitted on poolside during lessons.
- The taking of photographs is strictly forbidden during all lessons.
- Medium/long hair are advised to tie hair back during the lesson.
- We will try to have the same instructor for the duration of the course, but due to circumstances beyond our control this may not always be possible.
- You should arrive 10 minutes prior to the start of the lesson to allow time for assisting with changing.



Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.
Phone: 020 8891 1411, Minicom: 020 8831 6001.

If you have difficulty understanding this leaflet please visit reception at the address below, where we can arrange a telephone interpreting service.

اگر در فهمیدن این نشریه مشکلی دارید لطفاً به جیل پذیرش در آدرس قید شده در زیر مراجعه نمایید تا ترتیب ترجمه تلفنی برایتان فراهم آورده شود:

Farsi

إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في العنوان المعلن أدناه حيث بإمكاننا أن نرتب لخدمته ترجمة شفوية هاتفية.

Arabic

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਹੋਸ ਅਠਵੇਈ ਹੈ ਤਾਂ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਸੰਪਰਕ ਕਰੋ ਤੇ ਅਸੀਂ ਸਹਿ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ ਕਰਕੇ ਲਈ ਇੰਟਰਪ੍ਰੀਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।

Punjabi

London Borough of Richmond upon Thames, Civic Centre, 44 York Street, Twickenham, TW1 3BZ

Adult learn to swim

Pools on the Park

Twickenham Road, Richmond TW9 2SF

Phone: 020 3772 2999 www.richmond.gov.uk/potp



2016 Course dates

Summer Term

11 weeks

Wednesday 20 April – Wednesday 6 July (excluding 1 June)

Autumn Term

11 weeks

Wednesday 14 September – Wednesday 7 December
(excluding 19 and 26 October)

Class information

- Courses run for 30 minutes



Adult classes - eleven week courses

Teaching Pool Beginners

This class is held in the teaching pool and is designed to build up your water confidence and therefore is suitable for complete beginners. The aim of this class is that all participants will be able to swim 10 metres on their front and back.

Main Pool Beginners

This class is held in the shallow end of the main pool. This is suitable for people who can swim 10 metres but lack the confidence to swim out of their depth. The class will teach basic techniques and skills such as treading water.

Improvers 1

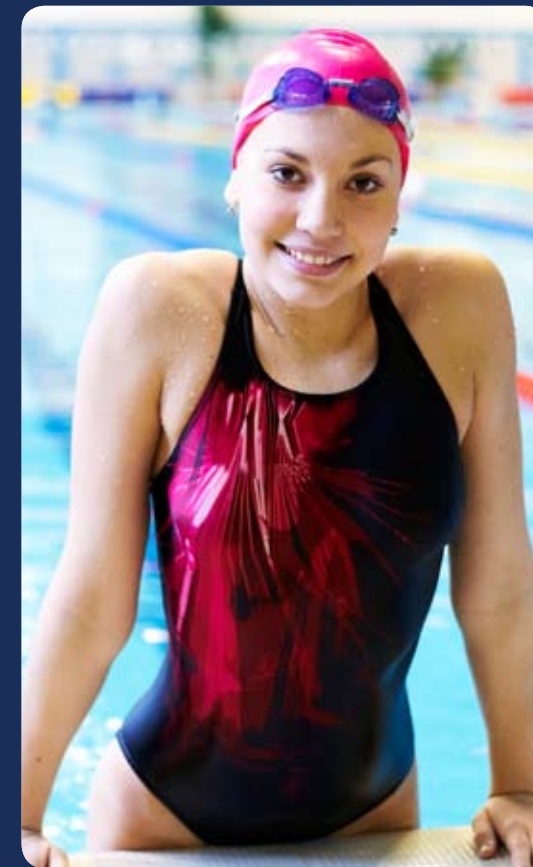
This class is held in the shallow end of the main pool up to halfway and is designed for people who can swim between ½ a length and a length on their front and back. All Participants should be able to swim and be able to go out of their depth. This class will focus on stroke technique.

Improvers 2

This is a lengths class suitable for people who can swim at least a length on their front and back. The main focus of this class will be on stroke technique for front crawl, back crawl and breaststroke. Water skills such as diving and treading water will be featured in the course of lessons

Class timetable/codes

	Wednesday
7.45pm	Teaching Pool beginners
7.45pm	Main Pool beginners
8.15pm	Improvers 1
8.15pm	Improvers 2



Prices - Adult

		R/C	non R/C
Summer Term	11 weeks	N/A	£99.00
Autumn Term	11 weeks	£86.00	£99.00

R/C - Richmond Card with paid for leisure subscription

