

# Crash Course Swim Lessons

February Half Term at Meridian Leisure Centre, Louth

## 25m DISTANCE DEVELOPMENT SESSIONS:

- **25m Development Sessions (4-days)** Build up confidence, stamina & improve skills that aid your 25m award with this 4-day course (Monday DAILY, Mon 12<sup>th</sup> - Fri 16<sup>th</sup>: 9am-9:30am 12<sup>th</sup> - Thursday 15<sup>th</sup>, including the opportunity to attempt your 25m badge award on day five (Friday 16<sup>th</sup>)!

## 50m DISTANCE DEVELOPMENT SESSIONS:

- **50m Development Sessions (4-days)** Perfect your skills, swim strokes and build the confidence that will help towards achieving the all-important 50m award! Daily, Monday 12<sup>th</sup> - Thursday 15<sup>th</sup> with Friday 16<sup>th</sup> being your 50m badge award opportunity!

## STAGES 1 & 2 DEVELOPMENT SESSIONS:

- **Stage 1&2 Development Sessions (4-days)** Is your child currently in stage 1 or 2? Or are you wishing to start them on the WaterWise programme? This 4-day course will set them up for starting and developing their swimming journey!  
DAILY, Mon 12<sup>th</sup> - Thurs 15<sup>th</sup>: 8:30am-9am

## STAGES 3 & 4 DEVELOPMENT SESSIONS:

- **Stage 3&4 Development Sessions (4-days)** These sessions are to develop the water confidence your swimmer has already achieved - and to build on stroke structure that will carry them through to our deep end stages!  
DAILY, Mon 12<sup>th</sup> - Thurs 15<sup>th</sup>: 8:30am-9am

## ROOKIE LIFEGUARD (BRONZE SKILLS) SESSIONS:

- **Rookie Lifeguard [Bronze] (3-days)** A fun, educational 3-day course for stages 5 and above, ages 8-15yrs. Focus on learning vital life-saving skills, including towing and rescuing techniques.  
(8-15yrs) Stage 5+ DAILY, Tues 13<sup>th</sup> - Thurs 15<sup>th</sup>: 9:30am-10am

Prices: —→	WaterWise Member:	with an MV card:	without an MV card:
3-day sessions:	£17.15	£21.45	£27.35
4-day sessions:	£23.50	£28.50	£36.75

info@mvtlc.org | magnavitae.org

Enquire today! Crash Courses:  
February Half Term 2024

#swimlife

Meridian Leisure Centre - Wood Lane, Louth, LN11 8SA

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