

Workshops & Crash Courses THIS SUMMER!

5 DAY COURSES

- **FRONT CRAWL & BACK STROKE (Stage 4)** | Daily: Monday 28th July to Friday 1st August | 9am-9.30am
Practice front crawl and backstroke Monday-Thursday with opportunity to achieve 50m on Friday
- **BREAST STROKE (Stage 4/5/6)** | Daily: Monday 4th August to Friday 8th August | 9am-9.30am
Concentrating on perfecting breast stroke: Develop and improve leg and arm actions, plus timings
- **DEEP WATER CONFIDENCE (Stage 3+)** | Daily: Monday 11th August to Friday 15th August | 9am-9.30am
Designed to reduce the nerves of those looking to progress to the next stage and enter the deep end

4 DAY COURSES (including a 4 week course - One session per week)

- **ADULT SWIM LESSON** | Weekly on Sundays: 27th July, 3rd August, 10th August, 17th August | 3.30pm-4pm
A weekly session for adults including front crawl progression, deep water confidence and stamina
- **PROGRESSION WORKSHOP (Stage 3&4)** | Daily: Tuesday 26th August to Friday 29th August | 9am-9.30am
Aimed to aid and support developing the skills of those looking to progress to the next swimming stage

3 DAY COURSES

- **SQUAD WORKSHOP (Stage 10+ Squad)** | Daily: Tuesday 19th August to Thursday 21st August | 9am-9.45am
Enhancing swimming strokes and perfecting skills for the next part of their swimming journey's path

1 DAY COURSE

- **DIVING WORKSHOP (Stage 5+)** | Wednesday 27th August | 9.30am-10am
Perfecting the key skills of a sit-down, kneel and standing dive into the swimming pool

DISTANCE BADGE SESSION (FREE for WaterWise members)

- **DISTANCE SWIM BADGE SESSION (Stage 9&10)** | Sunday 31st August | 12noon-1pm
Swim as far as you can within the hour, using a recognised stroke and without touching the floor or stopping!
This session is free for WaterWise members or the price of a general swim admission. Badge and certificates are available to purchase from Reception if you have a successful swim & wish to celebrate your achievements



PRICES:	Without MV Card:	With MV Card:	WaterWise Members:
5 day course	£48.15	£37.85	£30.20
4 day course	£39.00	£30.20	£24.90
3 day course	£29.00	£22.75	£18.20
1 day course	£9.75	£7.80	£6.25

**Book at
Reception!**

info@mvtlc.org | magnavitae.org

Magna Vitae is a Registered Charity. Charity Number 1160156.
A Partner to East Lindsey District Council.

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Pool Inflatable Sessions THIS SUMMER!

POOL INFLATABLE SESSIONS!

- Tuesday 29th July
- 1.30pm-2.30pm or 2.30pm-3.30pm
- Sunday 10th August
- 4.30pm-5.30pm or 5.30pm-6.30pm
- Sunday 17th August
- 4.30pm-5.30pm or 5.30pm-6.30pm

Only £6.50 each!

Book at
Reception!

Note: To book onto any Pool Inflatable session, participants must be 8yrs+ and be able to swim 50m.

Not quite 8yrs or able to swim 50m? Fear not!
We also have lots of **'Family Fun Splash'** sessions this summer! Suitable for all ages and only costs the price of a general swim!

Enjoy sharing some time with your family & friends, all summer long!
Scan here to browse our timetables:



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