



# Summer Holiday 2010

## Swim Crash Courses

The Hurst Pool  
Dunstall Way, East Molesey, Surrey, KT8 1PD  
Telephone: 020 8941 6544  
[enquiries@thehurstpool.co.uk](mailto:enquiries@thehurstpool.co.uk)  
[www.thehurstpool.co.uk](http://www.thehurstpool.co.uk)



# Why not let the Hurst Pool give your child's swimming skills a boost this holiday by joining one of our crash courses?

## Week 1

26/07/10 – 30/07/10

### Teaching Pool

- |                 |                                |
|-----------------|--------------------------------|
| 9.00 – 9.30am   | Stage 1 – Beginner<br>Stage 4  |
| 9.30 – 10.00am  | Stage 3<br>Stage 1 – Confident |
| 10.00 – 10.30am | Stage 2<br>Stage 3 6+          |

### Main Pool

- |                 |   |
|-----------------|---|
| 10.30 – 11.00am | Jumping & Diving 4 Fun<br>(Stage 4 & above) |
|-----------------|---|



## Week 2

02/08/10 – 06/08/10

### Teaching Pool

- |                 |   |
|-----------------|---|
| 9.00 – 9.30am   | Stage 1 / 2 6+<br>Stage 3                 |
| 9.30 – 10.00am  | Stage 1 – Beginner<br>Stage 2             |
| 10.00 – 10.30am | Stage 1 – Beginner<br>Stage 1 – Confident |

### Main Pool

- |                 |   |
|-----------------|---|
| 10.30 – 11.00am | Problem Breaststroke<br>(Stage 4 & above) |
|-----------------|---|



### Week 3

09/08/10 – 13/08/10

#### Teaching Pool

9.00 – 9.30am	Stage 3 Stage 2
9.30 – 10.00am	Stage 3 6+ Stage 1 / 2 6+
10.00 – 10.30am	Stage 1 – Confident Stage 1 - Beginner

#### Main Pool

10.30 – 11.00am	Rescue & Rookie Lifeguard (Stage 5 & above)
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### Week 5

23/08/10 – 27/08/10

#### Teaching Pool

9.00 – 9.30am	Stage 3 6+ Stage 1 – Confident
9.30 – 10.00am	Stage 3 Stage 1 - Beginner
10.00 – 10.30am	Stage 1 – Beginner Stage 4

#### Main Pool

10.30 – 11.00am	Racing Skills 4 Fun (Stage 6 & above)
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### Week 4

16/08/10 – 20/08/10

#### Teaching Pool

9.00 – 9.30am	Stage 1 – Beginner Stage 2
9.30 – 10.00am	Stage 3 Stage 4
10.00 – 10.30am	Stage 1 – Confident Stage 1 / 2 6+

#### Main Pool

10.30 – 11.00am	Top Kids Challenge (Stage 6 & above)
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All courses are subject to change based upon demand.

**To book your child a place on a crash course, or for further information, please contact reception on 020 8941 6544.**

# Water Workout

Come and try a work out in the water, and improve your fitness with stretching and toning exercises. Suitable for swimmers and non-swimmers.



Wednesday 9.30am to 10.15am

Wednesday 8.00pm to 9.00pm

Sunday 6.00pm to 6.45pm



## Bring a friend for FREE\* to an Evening Water Workout Class\*\*

All you need to do is complete your details below and hand in to our reception staff.

Your Name:

Friends Name:

Address:

DOB:  /  /  Tel No:

Email address:

Offer valid until 31/12/2010.

\*Free Water workout classes only apply to evening classes

\*\*Terms and conditions apply.

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