



# BURNHAM-ON-SEA SWIM & SPORTS ACADEMY

ASA SWIM SCHOOL OF THE YEAR

SWIM & SPORTS ACADEMY



**PROGRAM AVAILABILITY**

**2020/21 SWIM SCHOOL**



## UK'S NUMBER 1 LEARN TO SWIM SCHOOL



AGE GROUP	CLASSES	DURATION	DAYS AVAILABLE
6 MONTHS to 3 YEARS	<b>DISCOVERY DUCKLINGS</b> (Adult & Child)	30 mins	Tues 11:30 am; Thurs 9:30 am; Sat 9:30 & 11:30 am
3 - 5 YEARS	<b>DUCKLINGS</b> Beginner; Intermediate Advanced	30 mins 30 mins	Classes Run Mon - Fri Between 8:30 am & 6:00 pm. Saturday & Sunday 8:30 - 1:00 pm

5 - 15 YEARS	<b>SWIM ENGLAND STAGES 1 - 10</b>	
	1	30 mins
	2	30 mins
	3	30 mins
	4	30 mins
	5	30 mins
	6	30 mins
	7	30 mins
	8	30 mins
	9 & 10	30 mins

Classes Run Mon - Fri  
Between 8:30 am & 6:30 pm  
Saturday & Sunday 8:30 - 1:00 pm

	<b>DIVE ACADEMY</b>	
	Flip N Fun/Aquatic Skills Diving	30 mins
	Prelim/Competitive Start	30 mins
	<b>LIFEGUARD ACADEMY</b>	
	Rookie Bronze	30 mins
	Rookie Silver	30 mins
	Rookie Gold	30 mins
	Lifeguard Academy (Adv)	1 Hour
	<b>TRIATHLON ACADEMY</b>	
	Mini Tri	1 hr
	Mini Tri Potential	2 Hr
	Development	2.5 hrs
	Performance	2.5 hrs
	Elite	3 hrs

Sunday 10:00 am  
(Enquire at reception for next course)

Monday 5:45 pm or Friday 5:30 pm; Saturday 9:15 am  
Friday 5:15 pm or Saturday 9:15 am  
Friday 5:15 pm or Saturday 9:15 am  
Tuesday 5:00 pm

	<b>SWIM TEAM</b>	
	Pre Swim Team Skills n Drills	30 mins
	Pre Swim Team	1 hr
	Potential	3 hrs
	Development/ Performance	5 - 6.5
	County/District/Regional	8 - 10
	<b>PER WEEK:</b>	
	Mini Tri	1 hr
	Mini Tri Potential	2 Hr
	Development	2.5 hrs
	Performance	2.5 hrs
	Elite	3 hrs
	<b>PER WEEK:</b>	
	Pre Swim Team Skills n Drills	30 mins
	Pre Swim Team	1 hr
	Potential	3 hrs
	Development/ Performance	5 - 6.5
	County/District/Regional	8 - 10

Saturday 12:15 pm  
Wednesday 4:00 pm & Saturday 12:15 pm  
Wednesday 4:00 pm & Saturday 10:15 & 11:30 am  
Wednesday 5:00 pm & Sat 9:00 & 10:15 am  
Tuesday 5:00 pm; Sat 9:00 am; Sunday 8:30 am

Friday 5:00 pm  
Tuesday & Thursday 6:00 pm  
Tuesday & Thursday 6:00 pm; Sun 9:00 am  
See Swim Team Flyer for Times  
See Swim Team Flyer for Times

<b>16 YEARS +</b>	Beginners Learn to Swim	30 mins	Mon 6:00 pm; Tues 9:00 am; Sat 8:30 am
	Intermediates Swim	30 mins	Mon 6:00 pm; Tues 9:00 am; Sat 8:30 am
	Stroke Technique	30 mins	Mon 12:15 pm; Thurs 8:30 am
	Masters/Swim Fit	3 hrs per week	Mon 8:30 pm; Thurs 8:00 pm; Sat 7:30 am



Berrow Road  
Burnham-on-Sea  
Somerset, TA8 3ET  
England

PHONE 01278 785909  
FAX 01278 788498  
E-MAIL questions@bospool.com  
WEB SITE <http://www.bospool.com>