



BURNHAM-ON-SEA SWIM & SPORTS ACADEMY

ASA SWIM SCHOOL OF THE YEAR

SWIM & SPORTS ACADEMY



PROGRAM AVAILABILITY

2017/18 SWIM SCHOOL



UK'S NUMBER 1 LEARN TO SWIM SCHOOL



AGE GROUP

0-3 YEARS

3 - 5 YEARS

CLASSES

Adult & Child

DUCKLINGS

Beginner; Intermediate

Advanced; Super Star

ASA STAGES 1 - 10

1

2

3

4

5

6

7

8

9 & 10

DIVE ACADEMY

Flip N Fun/Aquatic Skills Diving

Prelim/Competitive Start

LIFEGUARD ACADEMY

Rookie Bronze

Rookie Silver

Rookie Gold

Lifeguard Academy (Adv)

TRIATHLON ACADEMY

Mini Tri

Mini Tri Potential

Development

Performance

Elite

SWIM TEAM

Pre Swim Team Skills n Drills

Pre Swim Team

Potential

Development/ Performance

County/District/Regional

Beginners Learn to Swim

Intermediates Swim

Stroke Technique

Dive Academy

Masters/Swim Fit

Triathlon Club (15 yrs +)

DURATION

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

30 mins

1 Hour

1 hr

2 Hr

2.5 hrs

2.5 hrs

3 hrs

30 mins

1 hr

3 hrs

5 - 6.5

8 - 10

30 mins

30 mins

30 mins

30 mins

3 hrs per week

3.25 hrs per week

DAYS AVAILABLE

Mon 9:30 am; Tues 11:30 am; Weds 2:00 pm; Sat 9:30 & 11:30 am

Classes Run Mon - Sat Between 8:30 am & 6:00 pm.
Sunday 12:30 pm

Classes Run Mon - Sat
Between 8:30 am & 6:30 pm
& Sunday 9:00 - 12:00 pm

Sunday 10:00 am

(Enquire at reception for next course)

Tuesday 5:30 pm or Saturday 9:00 am

Tuesday or Friday 5:30 pm

Friday 5:30 pm or Monday 5:30 pm

Monday 5:30 pm

Saturday 11:30 am

Wednesday 4:00 pm & Saturday 11:30 am

Wednesday 4:00 pm & Saturday 10:15 & 11:30 am; Sat 2:30 pm

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

Mon 6:00 pm; Tues 1:30 pm; Sat 8:30 am

Mon 6:00 pm; Tues 1:30 pm; Sat 8:30 am

Mon 8:30 am; Weds 12:00 pm; Thurs 9:00 am; Fri 7:00 pm

Sunday 10:00 am

Mon 8:30 pm; Thurs 9:00 pm; Sat 7:30 am

Mon 8:30 pm; Weds 7:15 pm; Fri 6:45 pm

16 YEARS +



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