

SUMMER ACTIVITIES 2021

DORCHESTER SPORTS CENTRE

NPLQ COURSE



Mon 26th - Fri 30th July
9.30am - 5.30pm • Age: 16yrs+

£260
COURSE

Start your career in leisure with our National Pool Lifeguard Qualification



INTENSIVE SWIM LESSONS

Following the **Swim England** Learn to Swim Programme

£30
COURSE

Monday - Thursday

- > 8.00 - 8.30am • Stage 2
- Week 1: 26th - 29th July
- > 8.30 - 9.00am • Stage 1
- Week 2: 9th - 12th August
- >> 9.00 - 9.30am • Total Beginners
- Week 3: 23rd - 26th August



Kids MARTIAL ARTS

Monday: 26th July
2nd/9th/16th/23rd August

Thursday: 29th July
5th/12th/19th August
Time: 11am-12pm **Age:** 6-12yrs



Kids AQUA BOARDS

Tuesday: 27th July
3rd/10th/17th/24th August
Time: 10.30-11am / 11.10 - 11.40am

Friday: 30th July
6th/13th/20th/27th August
Time: 11.30am-12pm / 12 - 12.30pm



PRAMA.KIDS

Wednesday: 28th July
4th/11th/18th August
Time: 2-3pm **Age:** 6-12yrs

A unique interactive fitness and play experience that is non-stop fun!



Kids YOGA

Wednesday: 28th July
4th/11th/18th/25th August
Time: 9.30-10.15am **Age:** 6-12yrs

Stretch yourself in our Kids Yoga sessions.



STARTS & TURNS

£7

Wednesday: 28th July / 11th August
Time: 9-9.30am • Stage 3 +

A session designed to focus on practicing and improving those all important starts and turns*.



LEARN 2 DIVE

£7

Wednesday: 28th July 4th/11th/18th/25th August
Time: 8.30-9am • Stage 2 +
Wednesday: 4th/18th August
Time: 9-9.30am • Stage 2 +

A fun session designed to help you improve your diving*.



TECHNIQUE SESSIONS

Focus on improving your strokes with expert guidance from our swim instructors*.

Butterfly	Wednesday 28th July	• 8.00-8.30am • Stage 3 +
Front Crawl	Wednesday 4th August	• 8.00-8.30am • Stage 2 +
Front Crawl	Wednesday 11th August	• 8.00-8.30am • Stage 2 +
Breaststroke	Wednesday 18th August	• 9.00-9.30am • Stage 2 +
Front Crawl	Wednesday 25th August	• 8.00-8.30am • Stage 2 +

£7

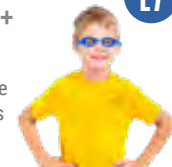


ROOKIES LIFESAVING

£7

Thursday 29th July 12th/26th August
Time: 3-3.45pm • Stage 3 +

Find out if you've got what it takes to be lifeguard as you're put through your paces in this fun session!*



FINESSE YOUR STROKES

£7

Wednesday 25th August
Time: 9-9.30am • Stage 3 +

Work on the finer points of stroke technique with our instructors to help take your swimming to the next level*.



DISTANCE MORNING

£3

Friday 30th July & 27th August

9.30 - 10am • Stage 5/6/7
10 - 10.45am • Stage 1

10.45 - 11.30am • Stage 2
11.30am - 12pm • Stage 3/4

