# UNIVERSITY OF BRISTOL SWIM SCHOOL

## SUMMER PROGRAMME

### Swimming Lessons

<table>
<thead>
<tr>
<th>Week One:</th>
<th>Week Two:</th>
<th>Week Three:</th>
<th>Week Four:</th>
<th>Week Five:</th>
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<tbody>
<tr>
<td>29/07 - 02/08</td>
<td>05/08 - 09/08</td>
<td>12/08 - 16/08</td>
<td>19/08 - 23/08</td>
<td>26/08 - 30/08</td>
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- **£7.15d/£35w per child**
- **Stage 2:** 9-9:30am
- **Stage 3:** 9:30-10am
- **Stage 4:** 10-10:30am
- **Stage 5:** 9-9:30am
- **Stage 6:** 9:30-10am
- **Stage 7:** 10-10:30am

### Snorkelling

- **9:30-10:30am**
- **£28 course**
- **12 & 13 Aug or 19 & 20 Aug (2 day courses)**
- We ask that your child brings their own equipment - mask, fins & snorkel. Introduces basic techniques of the use of fins, masks & snorkels and breathing underwater. For stages 6+

### Rookie Lifeguard

- **9:30-10:30am**
- **£28 course**
- **29 & 30 July (2 day courses)**
- Please bring t-shirt and shorts to wear in the water. Valuable survival, rescue and sports skills, all delivered in an exciting way that will get children involved and motivated. For stages 6+

### Mini Water Polo

- **9:30-10:30am**
- **£42 course**
- **5 - 9 August (5 day course)**
- Learning the basics of the sport from movement, shooting and passing to more complex skills and technique. Learning to work as a team. For stages 5+

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**Book via reception or call 0117 331 8577**

Any questions? seh-swimschool@bristol.ac.uk or visit our website

[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)  
[@bristolunisport](https://twitter.com/bristolunisport)

Pre requisite for water polo, lifeguard & snorkelling: your child should be able to swim 100m continuously (on back and front).