



Summer Fun

at your local
Sports & Fitness Centres

Monday 22 July - Friday 30 August 2019

Teddington Pools & Fitness Centre

Pools on the Park

Whitton Sports & Fitness Centre

Teddington Sports Centre

Summer Holiday Swimming Lessons at Teddington Pools & Fitness Centre

Monday 29 July - Friday 30 August

Summer Crash Courses

Four day course: £33.60 R/C and £38.00 Non R/C

Five day course: £42.00 R/C and £47.50 Non R/C

	8.30am	9.00am	9.30am	10.00am
Week 1:	PSB	PSI	S5/6	S2
29 July - 2 August	-	S4	S3	S1
Week 2:	PSB	PSI	S5/6	S2
5 - 9 August	-	S4	S3	S1
Week 3:	PSB	PSI	S5/6	S2
12 - 16 August	-	S4	S3	S1
Week 4:	PSB	PSI	S5/6	S2
19 - 23 August	-	S4	S3	S1
Week 5 (4 days):	PSB	PSI	S5/6	S2
27 - 30 August	-	S4	S3	S1

PS Lessons - Pre-school, children must have had their 3rd birthday.

S Lessons - Stages, children aged 5 years and over.

Please refer to the website for level criteria.

Fun Time Floats

Prices:

Adult: £5.00 R/C and £5.50 Non R/C

Juniors: £3.00 R/C and £4.20 Non R/C

Under 5: Free

Monday-Friday 3.00-4.00pm

Saturday-Sunday 2.00-4.00pm

Float Fun session - get in the mix with a float extravaganza!

Available for all ages. Children under 8 must be accompanied by an adult. Sessions take place in the main pool and learner pool. Come and have lots of fun.

Teddington Pools & Fitness Centre

Vicarage Road, Teddington TW11 8EZ

www.richmond.gov.uk/tpfc

020 3772 2999

Workshops

Price per workshop:

£8.40 Richmond Card

£9.50 Non Richmond Card

Monday 29 July and 19 August

Stroke Clinic Breaststroke 4.00-4.45pm

For children looking to improve their breaststroke technique.

Diving Workshop- 4.45-5.30pm

For children looking to learn to dive or improve their diving skills.

Tuesday 30 July, 20 and 27 August

Syncro Workshop - 4.00-4.45pm

For children looking to learn the basic skills for syncro and have a go at putting a routine together.

Wednesday 31 July, 21 and 28 August

Stroke Clinic Frontcrawl - 4.00-4.45pm

For children looking to improve their frontcrawl technique.

Tumbleturn Workshop 4.45-5.30pm

For children looking to learn or improve their frontcrawl and backcrawl tumbleturns.

Thursday 1, 22 and 29 August

Stroke Clinic Butterfly 4.00-4.45pm

For children looking to improve their butterfly technique.

Diving Workshop 4.45-5.30pm

For children looking to learn to dive or improve their diving skills.

Summer Holiday Swimming Lessons at Pools on the Park

Monday 22 July - Friday 30 August

Swimming lessons for children aged 3-5 years

Price per session:

£8.40 Richmond Card

£9.50 Non Richmond Card

Pre-school Beginners (Teaching Pool)

Monday, Wednesday and Friday 10.00-10.30am

For children who have had their third birthday and cannot swim without buoyancy aids. The children are taken into the water by the swimming teacher and not by a parent/carer. Buoyancy aids are provided.

Pre-school Improvers (Teaching Pool)

Tuesday and Thursday 10.00-10.30am

For children who have had their third birthday. Child must be able to swim a minimum of 3 metres without aids with their face in the water. The children are taken into the water by the swimming teacher and not by a parent/carer.

Swimming lessons for children aged 5 years and over

Price per session: £8.40 Richmond Card

£9.50 Non Richmond Card

Stage 1 and 2 (Teaching Pool)

Monday, Tuesday, Wednesday, Thursday and Friday 9.30-10.00am

For children not able to swim without buoyancy aids and for children able to swim 3 metres front paddle and back paddle without buoyancy aids.

Stage 3 and 4

(Teaching Pool and Main Pool)

Monday, Tuesday, Wednesday, Thursday and Friday 9.00-9.30am

For children able to swim 5 metres front crawl (face down) and 5 metres back and for children able to swim 10 metres front crawl (face down and breathing to the side) and 10 metres back crawl arms out of the water.

Stage 5 and 6

(Main Pool)

Monday, Tuesday, Wednesday, Thursday and Friday 9.30-10.00am

For children able to swim a minimum of 15 metres front crawl and 15 metres back crawl and for children able to swim a length both front and back crawl with good technique and are confident in deep water.

Diving

(Main Pool)

Monday, Tuesday, Wednesday, Thursday and Friday 9.00-9.30am

For children who are able to comfortably swim 100 metres and are confident in deep water.

Booking Information

- All classes must be booked and paid for in advance
- An application form/medical form must be completed for each child
- Classes are subject to availability and maybe cancelled due to insufficient numbers enrolled.
- No refunds are given

**R/C – Richmond Card
with paid for leisure
subscription**

Pools on the Park

Old Deer Park, Twickenham
Road, Richmond TW9 2SF
www.richmond.gov.uk/potp
020 3772 2999

Teddington Sports Centre

Play Beach Sessions

Come and have fun at 'the beach' with the team from Brilliant Play. Sessions will feature arts, crafts, games and more.

Suitable for toddlers and upwards.

Tuesday 6 August
Thursday 8 August
Tuesday 13 August
Thursday 15 August
1.30-3.30pm

Please note that these are drop in sessions and not childcare.

Price per session: £2.00

Toddler Play Sessions

**Monday 22 July - Friday 30 August
9.00am-5.00pm (excluding bank holiday)**

Have fun this summer with our toddler play sessions.

Sessions are also available on Saturday and Sunday, 9.00am-12noon throughout term time and school holidays.

**Price per session:
£3.60 Richmond Card
and £3.90 Non Richmond Card**

These sessions can be booked online.

Please visit: www.bookeo.com/teddingtonsports

Teddington Sports Centre

Teddington School, Broom Road,
Teddington TW11 9PJ
www.richmond.gov.uk/tsc
020 3772 2999

Whitton Sports & Fitness Centre

Toddler Sessions

It's time for Toddler Fun Time! Looking for something fun to do with the little ones this summer? It's a dedicated toddler session where pre-school children can come along and enjoy our fantastic range of soft play equipment including bouncy castle and inflatable slide.

**Monday 22 July - Friday 30 August
(excluding bank holiday)
9.00am-4.00pm**

**Price per session:
£3.60 Richmond Card and
£3.90 Non Richmond Card**

Please check with the centre reception before visiting to ensure the sessions are taking place. Sessions are also available on Saturday and Sunday, 9.00-10.55am, throughout term time and school holidays.

Whitton Sports & Fitness Centre

Twickenham School, Percy Road,
Whitton TW2 6JW
www.richmond.gov.uk/wsfc
020 3772 2999

020 3772 2999

www.richmond.gov.uk/sports