

Bollywood Classes – 10 Week Course

PRICES

Adult £45.50, Child £33.50

Bollywood Burn A dance class for adults based on Bollywood moves combined with the invigorating techniques of stretching and breathing

Bollywood Blast A dance class for children. Learn great moves to Bollywood music. A chance to dress up and show off your talents

SATURDAY 9th January – 3rd April (excl. 23rd Jan, 20th Feb, 27th March)

10:00 – 11:00	Adult Bollywood Burn	HP58
11:00 – 12:00	Child 5 – 8yrs Bollywood Blast	HP59
12:00 – 13:00	Child 9 – 14yrs Bollywood Blast	HP60

Booking Dates & Other Important Information

Assessment Forms

Assessment forms will be handed out on the second to last day of the present courses and this is when you will need to book for next term.

For customers with assessment forms, applications will be accepted from Monday 30th November

Those who wish to change days will be able to do so from Monday 7th December.

If your child changes courses it may be necessary to change times and days.

Lifestyle Premier, Lifestyle, Lifestyle Swim and Booking Card members from Monday 14th December.

All other Leisure Card holders from Tuesday 15th December.

All non Leisure Card holders from Wednesday 16th December.

Children

All Children will be assessed by the instructor on the first lesson. The centre reserves the right change their ability group as necessary.

Payment

Credit / Debit Card payments accepted at Heston Pool.

No postal or telephone applications will be accepted.

If you require any advice regarding which course to register on, please ask at reception.

Cheques must be accompanied by a valid cheque guarantee card.

NO REFUND OF COURSE FEES WILL BE MADE.

SWIM COURSE FEES DO NOT INCLUDE SWIMMING BEFORE OR AFTER THE LESSON.



Further Information

For more information please contact us:

Heston Pool
New Heston Road
Middlesex TW5 0LW

www.hounslow-leisure.com

Telephone: **0845 456 6675****

**Calls from BT max 5ppm, other providers may vary

Heston Pool



Visit our website
www.hounslow-leisure.com



Spring Courses

JANUARY – MARCH 2010



Heston Pool



11 Week Swimming Courses

PRICES

Adult £46.75 (30 Minute Lesson)

Child £36.85 (30 Minute Lesson), **Child** £40.15 (45 Minute Lesson)

Please see separate "Swimming Lesson Standards Leaflet" for further information about class levels.

Class Ratios

Starfish	1:10	Skill / Swim Development	1:20
Piranha	1:10	Adult	1:12
Stingray	1:10	Adult and Child	1:10
Barracuda	1:12		
Dolphin	1:12		
Killerwhale	1:12		
Shark	1:12		

MP = Main Pool
TP = Teaching Pool



MONDAY

4th January – 22nd March

(excluding 15th February)

11:30 – 12:00	Adult Beginner	TP	HP1
16:00 – 16:30	Piranha 2	TP	HP2
16:30 – 17:00	Starfish 1	TP	HP3
19:30 – 20:00	Women Only Beginner	TP	HP4
20:00 – 20:30	Adult Improver	MP	HP5
20:30 – 21:00	Adult Beginner	TP	HP6



11 Week Swimming Courses

TUESDAY

5th January – 23rd March

(excluding 16th February)

10:30 – 11:00	Women Only Beginner	TP	HP7
16:00 – 16:30	Starfish 1	TP	HP8
16:45 – 17:30	Swim Development 1	MP	HP9
16:30 – 17:00	Piranha 2	TP	HP10
16:15 – 16:45	Barracuda 4	MP	HP11
17:00 – 17:30	Dolphin 5	MP	HP12
17:00 – 17:30	Stingray 3	TP	HP13
17:30 – 18:00	Shark 7	MP	HP14
17:30 – 18:00	Stingray 3	TP	HP15
17:30 – 18:15	Swim Development 3	MP	HP16
18:15 – 19:00	Swim Development 2	MP	HP17
18:00 – 18:30	Starfish 1	TP	HP18
18:00 – 18:30	Killerwhale 6	MP	HP19
18:30 – 19:00	Piranha 2	TP	HP20
18:30 – 19:00	Barracuda 4	MP	HP21

WEDNESDAY

6th January – 24th March

(excluding 17th February)

16:00 – 16:30	Starfish 1	TP	HP22
16:30 – 17:00	Stingray 3	TP	HP23
17:00 – 17:30	Starfish 1	TP	HP24
17:30 – 18:00	Piranha 2	TP	HP25
18:00 – 18:30	Starfish 1	TP	HP26

THURSDAY

7th January – 25th March

(excluding 18th February)

16:00 – 16:30	Adult & Under 5's Beginner	TP	HP27
16:30 – 17:00	Barracuda 4	MP	HP28
16:30 – 17:00	Stingray 3	TP	HP29
17:00 – 17:30	Killerwhale 6	MP	HP30
17:00 – 17:30	Piranha 2	TP	HP31
17:00 – 17:30	Shark 7	MP	HP32
17:30 – 18:00	Killerwhale 6	MP	HP33
17:30 – 18:00	Barracuda 4	MP	HP34
17:30 – 18:00	Starfish 1	TP	HP35
18:00 – 18:30	Piranha 2	TP	HP36
18:00 – 18:30	Dolphin 5	MP	HP37
18:00 – 18:45	Swim Development 1	MP	HP38
18:30 – 19:00	Stingray 3	TP	HP39

11 Week Swimming Courses

FRIDAY

8th January – 26th March

(excluding 19th February)

16:00 – 16:30	Starfish 1	TP	HP40
16:30 – 17:00	Piranha 2	TP	HP41
17:00 – 17:30	Starfish 1	TP	HP42
20:00 – 20:30	Women Only Beginner	TP	HP43
20:30 – 21:00	Adult Beginner	TP	HP44
21:00 – 21:30	Adult Improver	MP	HP45

SATURDAY

9th January – 27th March

(excluding 20th February)

09:00 – 09:30	Starfish 1	TP	HP46
09:30 – 10:00	Starfish 1	TP	HP47
10:00 – 10:30	Stingray 3	TP	HP48
10:30 – 11:00	Piranha 2	TP	HP49
11:00 – 11:30	Stingray 3	MP	HP50
11:30 – 12:00	Piranha 2	TP	HP51
12:00 – 12:30	Barracuda 4	TP	HP52
12:30 – 13:00	Barracuda 4	TP	HP53
15:30 – 16:00	Women Improver	MP	HP54
16:00 – 16:30	Women Only Water Confident	TP	HP55
16:30 – 17:00	Women Only Beginner	TP	HP56
17:00 – 17:30	Women Only Beginner	TP	HP57

