

10 Week Bollywood Courses

PRICES

Adult £47.50, Child £35.50

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 24th April – 17th July (excl. 22nd May, 5th June, 3rd July)

10:00 – 11:00	Adult Bollywood Burn	HP60
11:00 – 12:00	Child 5-8yrs Bollywood Blast	HP61
12:00 – 13:00	Child 9-14yrs Bollywood Blast	HP62

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 15th March.

Those who wish to change days will be able to do so from Monday 22nd March.

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

Lifestyle Choice, Lifestyle Premier, Lifestyle, Lifestyle Swim and Booking Card members from Monday 29th March.

All other Leisure Card holders from Tuesday 30th March.

All non Leisure Card Holders from Wednesday 31st March.

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.



London Borough of Hounslow

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



London Borough of Hounslow

Summer Courses

APRIL – JULY 2010



Heston Pool



12 Week Swimming Courses

PRICES

Choice family members FREE†

Adult £60.00 (30 min lesson)

Child £45.00 (30 min lesson) **Child** £47.40 (45 min lesson)

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

† Up to 2 children

Class Ratios

Starfish	1:10	Skill / Swim Development	1:12
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

19th April – 19th July

(excluding 3rd & 31st May)

12:00 – 12:30	Adult & Child 6 months – 3 years	TP	HP1
12:30 – 13:00	Adult & Child 3 years – 5 years	TP	HP2
16:00 – 16:30	Piranha 2	TP	HP3
16:30 – 17:00	Starfish 1	TP	HP4
19:30 – 20:00	Women Only Beginner	TP	HP5
20:00 – 20:30	Adult Improver	MP	HP6
20:30 – 21:00	Adult Beginner	TP	HP7



12 Week Swimming Courses

TUESDAY

20th April – 13th July

(excluding 1st June)

10:30 – 11:00	Women Only Beginner	TP	HP8
16:00 – 16:30	Starfish 1	TP	HP9
16:15 – 16:45	Barracuda 4	MP	HP10
16:30 – 17:00	Piranha 2	TP	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
16:45 – 17:30	Swim Development 1	MP	HP16
17:30 – 18:15	Swim Development 3	MP	HP17
18:15 – 19:00	Swim Development 2	MP	HP18
18:00 – 18:30	Starfish 1	TP	HP19
18:00 – 18:30	Killerwhale 6	MP	HP20
18:30 – 19:00	Piranha 2	TP	HP21
18:30 – 19:00	Barracuda 4	MP	HP22

WEDNESDAY

21st April – 14th July

(excluding 2nd June)

16:00 – 16:30	Starfish 1	TP	HP23
16:30 – 17:00	Stingray 3	TP	HP24
17:00 – 17:30	Starfish 1	TP	HP25
17:30 – 18:00	Piranha 2	TP	HP26
18:00 – 18:30	Starfish 1	TP	HP27

THURSDAY

22nd April – 15th July

(excluding 3rd June)

16:00 – 16:30	Adult & Under 5s Beginner	TP	HP28
16:30 – 17:00	Stingray 3	TP	HP29
16:30 – 17:00	Barracuda 4	MP	HP30
17:00 – 17:30	Piranha 2	TP	HP31
17:00 – 17:30	Dolphin 5	MP	HP32
17:00 – 17:30	Barracuda 4	MP	HP33
17:30 – 18:00	Starfish 1	TP	HP34
17:30 – 18:00	Barracuda 4	MP	HP35
17:30 – 18:00	Killerwhale 6	MP	HP36
18:00 – 18:30	Piranha 2	TP	HP37
18:00 – 18:30	Shark 7	MP	HP38
18:00 – 18:45	Swim Development 1	MP	HP39
18:30 – 19:00	Stingray 3	TP	HP49
18:30 – 19:00	Dolphin 5	MP	HP41

12 Week Swimming Courses

FRIDAY

23rd April – 16th July

(excluding 4th June)

16:00 – 16:30	Starfish 1	TP	HP42
16:30 – 17:00	Piranha 2	TP	HP43
17:00 – 17:30	Starfish 1	TP	HP44
20:00 – 20:30	Women Only Beginner	TP	HP45
20:30 – 21:00	Adult Beginner	TP	HP46
21:00 – 21:30	Adult Improver	MP	HP47

SATURDAY

24th April – 17th July

(excluding 5th June)

09:00 – 09:30	Starfish 1	TP	HP48
09:30 – 10:00	Starfish 1	TP	HP49
10:00 – 10:30	Stingray 3	TP	HP50
10:30 – 11:00	Piranha 2	TP	HP51
11:00 – 11:30	Stingray 3	MP	HP52
11:30 – 12:00	Piranha 2	TP	HP53
12:00 – 12:30	Barracuda 4	TP	HP54
12:30 – 13:00	Barracuda 4	TP	HP55
15:30 – 16:00	Women Improver	MP	HP56
16:00 – 16:30	Women Only Water Confident	TP	HP57
16:30 – 17:00	Women Only Beginner	TP	HP58
17:00 – 17:30	Women Only Beginner	TP	HP59

