



Swimming Crash Courses

Week One

Tuesday 6th April – Friday 9th April

09:30 – 10:00	Level 1
10:00 – 10:30	Level 2
10:30 – 11:00	Level 1
11:00 – 11:30	Level 2

£15.00 per 4 days

Week Two

Monday 12th April – Friday 16th April

09:30 – 10:00	Level 1
10:00 – 10:30	Level 2
10:30 – 11:00	Level 1
11:00 – 11:30	Level 2

£18.75 per 5 days

Float Frenzy

Tuesday 6th April – Friday 9th April

Monday 12th April – Friday 16th April

11:30 – 12:30 and 14:00 – 15:00

Rookie Lifeguard

Wednesday 7th April 11:30 – 13:30

Tuesday 13th April 11:30 – 13:30

Tumble Turns

Wednesday 14th April 11:30 – 12:15



For more information on all Hounslow
leisure activities call 0845 456 6675*

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

**Brentford Fountain
Leisure Centre**

658 Chiswick High Road,
Brentford, Middlesex
TW8 0HJ

**Feltham Airparcs
Leisure Centre**

Uxbridge Road,
Hanworth, Middlesex
TW13 5EG

**Isleworth
Recreation Centre**

Twickenham Road,
Isleworth, Middlesex
TW7 7EU

New Chiswick Pool

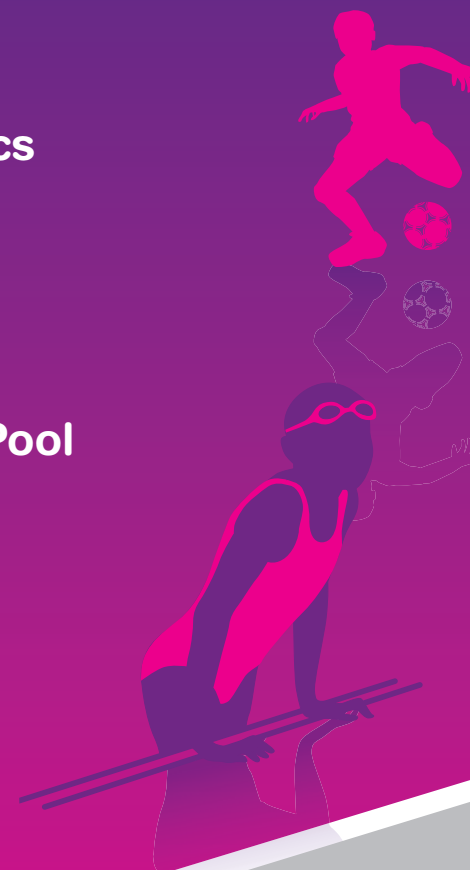
Edensor Road
Chiswick, London
W4 2RG

**Lampton
Sports Centre**

Lampton Avenue
Hounslow, Middlesex
TW3 4EP

Heston Pool

New Heston Road,
Heston, Middlesex
TW5 0LW



Easter Holiday Activities

Week One

Tuesday 6th to Friday 9th April 2010

Week Two

Monday 12th to Friday 16th April 2010



Isleworth Recreation Centre

Heston Pool



Swimming Crash Courses

Week One

Tuesday 6th April – Friday 9th April

09:00 – 09:30	Starfish
09:30 – 10:00	Piranha
10:00 – 10:30	Stingray
10:30 – 11:00	Barracuda
11:00 – 11:30	Starfish Under 5s
£15.00 per 4 days	

Week Two

Monday 12th April – Friday 16th April

09:00 – 09:30	Starfish
09:30 – 10:00	Piranha
10:00 – 10:30	Stingray
10:30 – 11:00	Barracuda
11:00 – 11:30	Starfish Under 5s
£18.75 per 5 days	

Swimming Crash Courses

Tuesday 6th April – Friday 9th April

09:00 – 09:30	Piranha
09:30 – 10:00	Starfish
Cost: £15.00	

Monday 12th April – Friday 16th April

09:00 – 09:30	Piranha
09:30 – 10:00	Starfish
Cost: £18.75	

Personal Survival Award Assessments

Tuesday 6th April and Thursday 8th April

10:00 – 11:30

This two day course is for swimmers who would like to work towards the assessment criteria for the Personal Survival Awards.

Swimmers must be able to swim between 50–100m Front Crawl, Back Crawl and Breaststroke or be currently swimming in the Shark or Swim Development Classes.

Swimmers must bring shorts, long sleeved T-shirt, trousers / skirt to wear in the water for training and for the assessment.

Cost: £4.75 per session
Award fee: £2.15 per award

Stroke Workshops

Friday 9th April

10:30 – 11:45 Front Crawl workshop

Friday 16th April

10:30 – 11:45 Breaststroke workshop

The Stroke Workshops are for those swimmers wishing to improve their technique with the opportunity to gain 25m, 50m and 100m distance awards on each of the workshop strokes. Swimmers must be able to swim 50m and be confident in deep water.

Cost: £3.95 Award fee £2.15 per award



Aqua Extreme

Thursday 15th April

10:30 – 12:00

During this session, swimmers will be given the opportunity to take part in mini polo and flip n fun diving activities and a splash session on the pirate ship inflatable.

Children must be able to swim 25m of 2 strokes and be confident to swim and jump into deep water.

Cost: £3.95

Snorkelling

Tuesday 6th April and Thursday 8th April

10:30 – 12:00

During this session swimmers will be introduced to basic snorkelling skills and water safety around snorkelling. This will include breathing techniques, underwater communication and surface diving.

Children must be able to swim 25m on 2 strokes and be confident to submerge and swim underwater.

Cost: £3.95 per session



Brentford Fountain Leisure Centre



Fountain Sports Camp

Tuesday 6th – Friday 9th April and Monday 12th – Friday 16th April

09:00 – 16:00

£60.80 4 days or £16.20 per day

Full Day Sports Camp including a supervised swim in the fitness pool. Children aged 8–14 years old can take part in our exciting sports camp and learn a variety of sports including football, basketball, netball, cricket, badminton and many more.

Lunch includes: sandwich of choice, crisps, squash and chocolate or fruit.

Swimming Crash Courses

Tuesday 6th – Friday 9th April and Monday 12th – Friday 16th April

09:30 – 10:00

Non Swimmer Level 1

10:00 – 10:30

Non Swimmer Level 2

10:30 – 11:00

Beginners Level 3

11:00 – 11:30

Non Swimmer Level 2*

£33 *Small group

£15.50 4 day per course

£18.75 per 5 day course

Fountain Fun

Monday 10:00 – 19:00

Tuesday 10:00 – 20:00

Wednesday 10:00 – 18:00

Thursday 10:00 – 20:00

Friday 10:00 – 20:00

Except for bank holiday dates Friday 2th April and Monday 5th April when Fountain Fun will be 10:00 – 16:00.

Excitement in the pool with our play adventure equipment. Normal swim admission applies.



Lampton Sports Centre

Play Centre Club

6th – 9th April and 12th – 16th April

(closed on bank holidays)

10:00 – 16:00

£1.80 per session (45 minute session)

Experience our exciting play centre. Three storeys high, suitable for 5–11 years olds, with slides, mountain challenges and wobbly bridge. There is a separate toddler area for 2–4 years olds and an additional mini tots play pit for the under 2s.

Tots Trampoline

Tuesday 6th April – Friday 9th April

10:00 – 10:45 3 ½–5 years old

10:45 – 11:30 3 ½–5 years old

£13.60 per course

Learn the basics in trampolining.

Parents are welcome to participate.

Trampolining Course

Tuesday 6th April – Friday 9th April

11:30 – 12:15 Beginners, 5–10 years old

12:15 – 13:00 Improvers, 8–12 years old

£13.60 per course

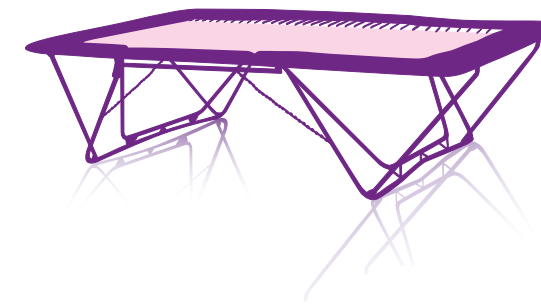
Reach for the sky with this fun packed course.

Pool Disco

Thursday 8th April and Friday 16th April

14:00 – 16:00

Enjoy our family pool disco with DJ Bubbles spinning the decks. Normal swim admission applies.



New Chiswick Pool



Week One

Tuesday 6th April – Friday 9th April

Float Frenzy

Tuesday – Friday 14:00 – 16:00

£1.45 per session

Junior Gym

Tuesday – Friday 10:30 – 12:00

12–15 year olds

£2.50 per session / £7.50 per course

Pre-book only

Pirate Ship Inflatable

Thursday 10:30 – 12:00

8–14 years – £1.45 per session

Aqua Extreme

Wednesday & Friday 14:00 – 15:30

8–14 years – £3.50 per session

Swim Crash Course

Tuesday – Friday 09:30 – 10:00

Level 1 – Starfish (small group) 5 years +

£15.00 per course

Half Price Special Offer

Tuesday – Friday 10:00 – 10:30

Level 2 – Piranha (small group) 5 years +

£15.00 per course

Half Price Special Offer

Week Two

Monday 12th April – Friday 16th April

Float Frenzy

Monday – Friday 14:00 – 16:00

£1.45 per session

Junior Gym

Monday – Friday 10:30 – 12:00

12–15 year olds

£2.50 per session / £10.00 per course

Pre-book only

Pirate Ship Inflatable

Thursday 10:30 – 12:00

8–14 years – £1.45 per session

Aqua Extreme

Monday, Wednesday & Friday 14:00 – 15:30

8–14 years – £3.50 per session

Swim Crash Course

Monday – Friday 09:30 – 10:00

Level 1 – Starfish (small group) 5 years +

£18.75 per course

Half Price Special Offer

Monday – Friday 10:00 – 10:30

Level 2 – Piranha (small group) 5 years +

£18.75 per course

Half Price Special Offer

Swimming Lesson Standards

Beginners 5 years +

This course aims to achieve 5 metres with buoyancy aids.

Water Confident Beginners

For children aged 5 years +, child must be able to swim 5 metres with buoyancy aids. This course aims to achieve 10 metres and ASA National Plan award levels 3 and 4.

Non Swimmer – Level 1

This phase introduces children with no previous experience of swimming to the water environment and helps develop water confidence. Aiming to achieve ASA National Swim Award level 1 and Puffin Award.

Non Swimmer – Level 2

This phase continues to develop water confidence and introduces basic swimming techniques. Aiming to achieve National Swim Award level 2 and 5 metres.

