▪ New customer booking day (for the summer term, 2024) will be taking place on **Saturday 6th April 2024**. Due to very high demand, we will only take bookings for Ducklings and Grade 1 (including Grade 1 strong) in person, at reception. For Grade 2 and above (and adult lessons) you can book in person or over the phone from 12pm onwards.

▪ Customers coming into the centre will be able to queue from 10am but bookings will **NOT** be taken until 10:30am at the earliest.

▪ Please be aware that spaces will be limited (particularly midweek) even at the start of the day, as our existing customers will have taken advantage of their priority booking period.

▪ Bookings must be confirmed with payment on the day.

▪ Reception will be extremely busy throughout the booking period, so please be patient!

▪ See the back of this leaflet for a brief description of our grading system, to help you decide which class is best for your child. If still unsure, please contact reception to book a free assessment.

**Price per pupil = £123.50 \*(13-week term)**

**\*Mondays £114 as only 12-week term**

**Tel:** 0208 951 5402

**Email**: [canonssportscentre@nlcs.org.uk](mailto:canonssportscentre@nlcs.org.uk)

**Please read the following & decide which grade you think your child fits into.**

* **Duckling**: A four- or five-year-old with no previous swimming experience & little water confidence.
* **Grade One**: A child with previous swimming experience who is comfortable putting their face in the water. They should be able to travel 5m on front or back with the aid of two floats.
* **Grade One Strong:** A confident swimmer who can swim at least 5m on front and back without assistance. They should have a strong grasp of all the basic water skills i.e. push/glide and floating positions.
* **Grade Two:** A relatively experienced swimmer who can travel on front and back for 10 metres, without the use of any floating aids.

If you think your child is more advanced than grade two, then please discuss this with the duty manager.

**Swimming Lesson Timetable:**

|  |  |
| --- | --- |
| **Day:** | **Time:** |
| **Monday** | **16:50 – 18:20** |
| **Tuesday** | **16:40 – 18:40** |
| **Thursday** | **16:40 – 18:40** |
| **Friday** | **18:00 – 20:00 (adult classes)** |
| **Saturday** | **11:00 – 16:00** |
| **Sunday** | **12:00 – 15:00** |

**We do not run lessons on Wednesdays**