

Activities at Oundle School Sports Centre

ACTIVITY	DATE	TIME	COST
<p>Learn Authentic ITF Taekwon-do Offering two free 45 minute taster sessions for kids. Learn integrity, perseverance and self control with 7th Degree Black Belt Master Andrew Glasby, who has been practicing Martial Arts for over 40 years.</p>	Wednesday 29th May	9.00-10:30 (2x45 min sessions)	Free
<p>Crash Course: Non-Swimmers/Otters Level 1 3-day course to support water confidence and basic aquatic travel. For non-swimmers and those who are learning to float or travel up to 10 metres unaided. Otters Level 1 ability, 4+ years.</p>	Tuesday 28th May - Thursday 30th May	9.30-10.00 & 10.00-10.30	£27.00
<p>Crash Course: Beginner/Otters Level 2-3 Crash Course 3-day course designed for those developing travel into more recognisable strokes; practising Front Crawl, Backstroke and Breaststroke. Otters Level 2/3 ability, 4+ years.</p>	Tuesday 28th May - Thursday 30th May	10.30-11.15	£36.00
<p>Junior Snorkeling To focus on becoming accustomed to snorkel masks, how to fit them and best techniques for use of mouth piece to enable underwater activity in a shallow depth pool. Must be 4+ years and able to swim a 5 metres minimum with face in the water.</p>	Tuesday 28th May	11.15-12.00	£12.00
<p>Breaststroke Workshop Focusing on development of Breaststroke, using kicking, pull and timing practises to improve overall stroke. Otters Level 3-6 ability.</p>	Tuesday 28th May	14.00-15.00	£15.00
<p>Junior Mini Polo Designed for beginners to learn basic rules of how to play water polo. For ages 7-13, must be able to comfortably swim 10m on fronts.</p>	Tuesday 28th May	15.00-16.00	£15.00
<p>Snorkeling Workshop To focus on the use of a snorkel mask, fitting and practises underwater, including use of fins in a mid-depth pool. Otters Level 5+ ability.</p>	Tuesday 28th May	16.15-17.15	£15.00
<p>Starts & Turns Workshop Focusing on development of turns such as tumble turns and refining entry for diving, focus on streamlining and developing towards starts off the blocks if/when appropriate for ability. Otters Level 5+ ability.</p>	Wednesday 29th May	13.00-14.00	£15.00
<p>Butterfly Workshop To focus on the development of Butterfly, using kicking, pull and timing practises to improve overall stroke. Otters Level 4+ ability.</p>	Thursday 30th May	13.00-14.00	£15.00
<p>Front Crawl Workshop Focusing on development of Front Crawl, using kicking, pull and timing practises to improve overall stroke. Otters Level 3-6 ability.</p>	Friday 31st May	13.15-14.15	£15.00
<p>Private Lessons 30 min private lesson, tailored to the swimmers needs. For any ability, age 1+ years. Lessons are on a 1:1 or 1:2 ratio (both swimmers must be on the same ability e.g. same Otters level).</p>	Various dates	Various times	£23.50 - £36

Spaces are limited, so book now to avoid disappointment!

To book, please visit or call the Reception desk (01832 277208). Payment must be made at the time of booking to secure your place!