

## 3 DAY COURSES...

### Non-Swim / Otters Level 1 Crash Course

Wednesday 28th – Friday 30th May  
09:00–09:30 or 09:30–10:00

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 10m unaided.

£27

**Ability:** Otters Level 1 or 4+ years.

### Beginner / Otters Level 2–3 Crash Course

Wednesday 28th – Friday 30th May  
10.30–11.15

3-day course designed for those developing travel into more recognisable strokes, practising front crawl, backstroke and breaststroke.

**Ability:** Swimmers must be 4+ years and able to swim 10m unaided.  
(Or Otters Level 2/3)

£36

*"My daughter absolutely loved her crash course swimming lessons, they are planned really well with creative ideas. She has grown in confidence and now really looks forward to her termly lessons!"*

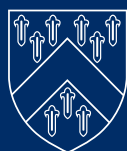
## Term Time Adult Swimming Lessons

Looking to build confidence in the water or improve your technique? Our adult swimming lessons are the perfect opportunity to learn and refine your skills in a supportive environment.

Mondays | 18.15–19.00

**Beginners:** Learn the basics and gain confidence in the water.

**Improvers & intermediate:** Develop technique and endurance with expert coaching.



Oundle School  
**SPORTS  
CENTRE**

## Oundle School Sports Centre

Milton Road, Oundle,  
Peterborough PE8 4AB

Tel: 01832 277208

sportscentre@oundleschool.org.uk



Oundle School  
**SPORTS  
CENTRE**

**May Half Term**

# Swimming Activities

27th to 30th May 2025

## Private Lessons

30 minute private 1:1 or  
1:2 lessons, tailored to the  
swimmers needs.

1:2 lessons, both swimmers must  
be at the same ability level.

£24  
or £37

Ask for details

**Ability:** Swimmers of all ages  
and skill levels, from beginners  
to advanced.



Payment must be made at time  
of booking to secure your place.

Don't miss out – book your place today!

www.oundlesportscentre.co.uk  

www.oundlesportscentre.co.uk  

# OUR ACTIVITIES...

## Start & Turns Workshop

Wednesday 28th May | 14.00–15.00

Focusing on development of turns such as tumble turns and refining entry for diving, emphasis on streamlining and developing towards starts off blocks if/when appropriate for ability.

**Ability:** Otters Level 5+

£15

## Junior Mini Polo

Wednesday 28th May | 13.00–14.00

Designed for beginners to learn basic rules of how to play water polo.

**Ability:** In shallow water for swimmers 7–13 years, swimmers must be able to comfortably swim 10m on fronts.

£15

## Breaststroke Workshop

Thursday 29th May | 09.00–10.00

Focusing on development of breaststroke, using kicking, pull and timing practises to improve overall stroke.

**Ability:** Otters Level 3–6

£15

## NEW CLASS: Otter Pup Booster Lessons

Wednesday 28th, Thursday 29th & Friday 30th May | 10.00–10.30

Perfect for nervous swimmers, beginners, or Otter Pups looking to improve! Build water confidence, independence, and key skills.

Book 1, 2, or 3 sessions. This class counts towards your Otters Home Portal progress!

£9

Per lesson

## Front Crawl Workshop

Friday 30th May | 09.45–10.45

Focusing on development of front crawl, using kicking, pull and timing practises to improve overall stroke.

**Ability:** Otters Level 3–6

£15

## Junior Snorkelling

Friday 30th May | 09.00–09.45

Focusing on becoming accustomed to snorkel masks, how to fit them and best techniques for use of mouthpiece to enable underwater activity in a shallow depth pool.

**Ability:** Swimmers must be 4+ years and able to swim a minimum of 5m with their face in the water.

£12

## Snorkelling Workshop

Friday 30th May | 13.00–14.00

Focusing on use of a snorkel mask, fitting and practises underwater, including use of fins in a mid-depth pool.

**Ability:** Otters Level 5+. Swimmers must be able to swim 25m on fronts.

£15

