



LEISURESK

Swim School

Top Up Workshops Programme

January – March 2025

Our weekly term time “Top Up” Workshops are planned to aid children at stage 5+ to develop and improve specific skills which may be slowing their development back within the main lesson programme.

These 30 minute sessions on Saturday’s at **9.30am** are just £4.75 each and will focus on the development of specific aquatic skills and are designed to compliment their regular lesson attendance.

Please book your child’s place in advance at reception as places will be limited.

Please note: These sessions will not be assessed against the Swim England stage criteria and are only available for children already enrolled on our group swimming lessons.

Date:	Workshop:	Date:	Workshop:
11 th January	Breaststroke	1 st March	Butterfly
18 th January	Butterfly	8 th March	Treading water & Water Safety (Bring clothing)
25 th January	Frontcrawl – focus on breathing	15 th March	Frontcrawl – focus on breathing
1 st February	Stroke skills, surface dives, sculling and treading water.	22 nd March	Starts and turns including diving.
8 th February	Starts and turns including diving.	29 th March	Breaststroke
22 nd February	Breaststroke		