



LEISURESK

Swim School

Top Up Workshops Programme

September – December 2024

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:
14 th September	Breaststroke	2 nd November	Butterfly
21 st September	Butterfly	9 th November	Treading water & Water Safety (Bring clothing)
28 th September	Frontcrawl – focus on breathing	16 th November	Frontcrawl – focus on breathing
12 th October	Stroke skills, surface dives, sculling and treading water.	23 rd November	Starts and turns including diving.
19 th October	Starts and turns including diving.	30 th November	Breaststroke
26 th October	Breaststroke	7 th December	Stroke skills (all strokes)