

Fermanagh Lakeland Forum

Group Swimming Lessons

February – April 2017



DAY	CLASS	TIME	PRE-REQUISITE	AGE / PLACE	COST	WEEKS	DATES
Monday	ASA Stage 3&4	4.00-4.30pm	5Metre Badge	6Yrs+ 8	£30.00	6 Instructor Marty Donaghy	Course 2 27/02/17 – 10/04/17 Excludes 20 th March
	ASA Stage 5	4.30-5.00pm	10Metre Badge	6Yrs + 8	£30.00	6 Instructor Marty Donaghy	Course 2 27/02/17 –10/04/17 Excludes 20 th March
	ASA stage 6	5.00-5.30pm	ASA Stage 5 Badge	6Yrs+ 8	£30.00	6 Instructor Marty Donaghy	Course 2 27/02/17 –10/04/17 Excludes 20 th March
	ASA Stage 7	5.30-6.00pm	ASA Stage 6 Badge	6Yrs+ 8	£30.00	6 Instructor Marty Donaghy	Course 2 27/02/17 –10/04/17 Excludes 20 th March
	Flipper & Snorkelling Fun (Bring own mask, snorkel & flippers)	6.45-7.30pm	200 Metre Badge	7Yrs+ 10	£34.00	6 Instructor Marty Donaghy	Course 2 27/02/17 –10/04/17 Excludes 20 th March
Tuesday	Tumble Turns & Dives	6.30-7.00pm	200 Metre Badge	7yrs+ 12	£35.00	7 Instructor Marty Donaghy	28/02/17-25/04/17 Excludes 21/03/17 & 18/04/17
	Rookie Bronze Level 1&2	7.00-7.30pm	Rookie Bronze 2 must hold bronze 1	7yrs+ 12	£35.00	7 Instructor Marty Donaghy	28/02/17-25/04/17 Excludes 21/03/17 & 18/04/17
	Rookie Bronze Level 3	7.30-8.00pm	Rookie Bronze 2	7yrs+ 12	£35.00	7 Instructor Marty Donaghy	28/02/17-25/04/17 Excludes 21/03/17 & 18/04/17
	Rookie Silver Level 1	8.00-8.30pm	Rookie Bronze 3	7yrs+ 12	£35.00	7 Instructor Marty Donaghy	28/02/17-25/04/17 Excludes 21/03/17 & 18/04/17
	Aqua Jog	8.45-9.30pm	Swimmer must be confident in water	16yr+ 12	£4.00 per class	On going Instructor Marty Donaghy	Excluding 21/03/17 & 18/04/17
Wednesday	Baby & Toddler Splash time & Nemo's reef playtime	10.45– 11.15	Accompanied in the pool by an adult swim nappies essential	4-12 Mts 10	£4.00 Payable weekly	Ongoing	01/03/17-26/04/17 Excludes 22/03/17 & 19/04/17
	Baby & Toddler Splash time & Nemo's reef playtime	11.15 –11.45	Accompanied in the pool by an adult swim nappies essential	1-4 Yrs 10	£4.00 Payable weekly	Ongoing	01/03/17-26/04/17 Excludes 22/03/17 & 19/04/17
	ASA Distance Badge An opportunity to try a distance badge	4.00–5.15pm	Under 8yrs must be accompanied in pool by an adult	Up to 14yrs 7	£1.90 payable weekly	Ongoing except when pool is closed for staff training	01/03/17-26/04/17 Excludes 15/03/17, 22/03/17 & 19/04/17

DAY	CLASS	TIME	PRE-REQUISTE	AGE / PLACE	COST	WEEKS	DATES
Thursday	Toddler Splash 1-1	2.40-3.00pm	Toddler to be accompanied with an Adult in the Pool	2-4yrs 1	£25.00	4	02/02/17 – 02/03/17
	Toddler Splash 1-1	3.00-3.20pm	Toddler to be accompanied with an Adult in the Pool	2-4yrs 1	£25.00	4	02/02/17 – 02/03/17
	Aqua Legends (Enrolling essential)	2-2.40pm	Senior Learn to swim	Senior 8	£0.00	6	02/02/17 – 13/04/17 Excluding 23/03/17
	Rookie Silver 2 &3	6.30-7.00pm	Rookie Silver 1 Rookie silver 2	7yrs+ 12	£35.00	7	02/03/17 – 20/04/17 Excluding 23/03/17
	Rookie Gold 1	7.00-7.30pm	Rookie Silver 3	7yrs+ 12	£35.00	7	02/03/17 – 20/04/17 Excluding 23/03/17
	Rookie Gold 2	7.30-8.00pm	Rookie Gold 1	7yrs+ 12	£35.00	7	02/03/17 – 20/04/17 Excluding 23/03/17
	Adult Learn to Swim	8.00-8.45pm	Beginners	Adult 8	£56.00	8	02/03/17 – 27/04/17 Excluding 23/03/17
	Aqua Jog	8.45-9.30pm	Swimmer must be confident in deep water	16yr+ 12	£4.00 per session	On going Instructor Marty Donaghy	02/03/17 – 27/04/17 Excluding 23/03/17
Friday	1-1 Toddler Splash	2.00-2.20pm	Must be accompanied in water with an Adult	2-4yr 1	£25.00	4	10/2/17 – 10/03/17 Excluding 17/02/17
	1-1 Toddler Splash	2.20-2.40pm	Must be accompanied in water with an Adult	2-4yr 1	£25.00	4	10/2/17 – 10/03/17 Excluding 17/02/17
	1-1 Toddler Splash	2.40-3.00pm	Must be accompanied in water with an Adult	2-4yr 1	£25.00	4	10/2/17 – 10/03/17 Excluding 17/02/17
	1-1 Toddler Splash	2.40-3.00pm	Must be accompanied in water with an Adult	2-4yr 1	£25.00	4	10/2/17 – 10/03/17 Excluding 17/02/17
	Beginners Breast Stroke	6.15-7.00pm	Beginners	6yrs+ 24	£44.00	8	03/03/17 - 05/05/17 Excluding 17/03/17 & 14/04/17
	5mt Breast Stroke Improvers	7.00-7.45pm	5 metre badge	6yrs+ 12	£44.00	8	03/03/17 - 05/05/17 Excluding 17/03/17 & 14/04/17
	25mt Stroke & Development	8.00-8.45pm	25 metre badge	6YR+ 12	£44.00	8	03/03/17 - 05/05/17 Excluding 17/03/17 & 14/04/17
	100mt Skills	8.00-8.45pm	100mt badge	6yr+ 12	£44.00	8	03/03/17 - 05/05/17 Excluding 17/03/17 & 14/04/17
	Adult Beginners & Improvers Class	8.45-9.30pm	Beginners	Adult Only	£56.00	8	03/03/17 - 05/05/17 Excluding 17/03/17 & 14/04/17
	25mt Stroke & Development	8.45-9.30pm	25 metre badge	6YR+ 12	£44.00	8	03/03/17 - 05/05/17 Excluding 17/03/17 & 14/04/17

Group lessons will go on sale Monday 20th February 2017 from 8.30am in person with the remaining open to phone booking from 9.30 am

Places will be allocated on a first come first served basis

All lessons are non-exchangeable or refundable

**For further information please contact the Lakeland Forum reception
Telephone 028 6632 4121 or e-mail fif@fermanaghmagh.com**