

Fermanagh Lakeland Forum

ASA, Rookie & Small Group Swimming Lessons April - June 2017

DAY	CLASS	TIME	PRE-REQUISITE	AGE / PLACE	COST	WEEKS	DATES
Monday	ASA Stage 1&2	4.00-4.30pm	5Metre Badge	6Yrs+ 8	£40.00	8 Instructor Marty Donaghy	Course: 24/04/17 – 26/06/17 Excludes 01/05/17 & 29/05/17
	ASA Stage 3&4	4.30-5.00pm	10Metre Badge	6Yrs + 8	£40.00	8 Instructor Marty Donaghy	Course: 24/04/17 – 26/06/17 Excludes 01/05/17 & 29/05/17
	ASA stage 5	5.00-5.30pm	ASA Stage 5 Badge	6Yrs+ 8	£40.00	8 Instructor Marty Donaghy	Course: 24/04/17 – 26/06/17 Excludes 01/05/17 & 29/05/17
	ASA Stage 6	5.30-6.00pm	ASA Stage 6 Badge	6Yrs+ 8	£40.00	8 Instructor Marty Donaghy	Course: 24/04/17 – 26/06/17 Excludes 01/05/17 & 29/05/17
	Flipper & Snorkelling Fun (Bring own mask, snorkel & flippers)	6.45-7.30pm	200 Metre Badge	7Yrs+ 10	£45.00	8 Instructor Marty Donaghy	Course: 24/04/17 – 26/06/17 Excludes 01/05/17 & 29/05/17
Tuesday	Rookie Bronze Level 1, 2 & 3	6.30-7.15pm	200 Metre Badge	7yrs+ 12	£50.00	9 Instructor Marty Donaghy	Course: 02/05/17 – 27/06/17
	Rookie Silver Level 1 & 2	7.15-8.00pm	Must hold Rookie Bronze 3	7yrs+ 12	£50.00	9 Instructor Marty Donaghy	Course: 02/05/17 – 27/06/17
	Rookie Silver 3 & Gold 1	8.00-8.45pm	Must hold Rookie Silver 2	7yrs+ 12	£50.00	9 Instructor Marty Donaghy	Course: 02/05/17 – 27/06/17
	Aqua Jog	8.45-9.30pm	Swimmer must be confident in water	16yr+ 10	£4.00 per class	On going Instructor Marty Donaghy	
Thursday	Aqua Legends (Enrolling essential)	2.00-2.40pm	Senior Learn to swim	Senior 8	£0.00	10 Instructor Marty Donaghy	20/04/17 – 29/06/17 Excluding 04/05/17
	Rookie Gold Level 2	6.30-7.00pm	Must hold Rookie Bronze 2	7yrs+ 12	£45.00	9 Instructor Marty Donaghy	27/04/17 – 29/06/17 Excluding 04/05/17
	Adult Swim Fit	7.00–8.00pm	Must be able to swim 250 metres	16yr+ 8	£4.50 per class	9 Instructor Marty Donaghy	27/04/17 – 29/06/17 Excluding 04/05/17
	Adult Learn to Swim	8.00-8.45pm	Beginners	Adult 8	£70.00	9	27/04/17 – 29/06/17 Excluding 04/05/17
	Aqua Jog	8.45-9.30pm	Swimmer must be confident in deep water	16yr+ 10	£4.00 per session	On going Instructor Marty Donaghy	Excluding 04/05/17

Above lessons will go on sale Wednesday 19th April from 8.00am in person with the remaining open to phone booking from 9.00 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@fermanaghomagh.com