



Summer Holiday Activities

Extra Adult Lane Swimming

Saturday 08.00-10.00am

31st July

7th, 14th, 21st, 28th August

All other sessions will remain the same

The Sports Centre will be **CLOSED** on Monday 30th August due to the Bank Holiday.

Reception 01223 712555
Website www.sawstonsports.com
Facebook Sawston Sports Centre
Twitter @SawstonSports
Instagram sawstonsportscentre



Week One



Monday 26th July — Friday 30th July



Intensive Swimming Lessons with Yasmin

Monday 26th — Friday 30th

09.00-09.30am Tadpoles 4+

09.30-10.00am Frogs 5+

10.00-10.30am Frogs 5+

10.30-11.00am Penguins

£25.00 for 5 days

Bubble Swims

Sole use of half the pool, shallow to deep

Monday, Wednesday & Friday

11.00-12.00noon

£20.00 for up to 6 people

Wobstacle

Tuesday 27th

4.30-5.30pm

£5.00 ages 8+

Trampolining

Monday 26th

10.00-11.00am

£5.00 for ages 6+



Week Two



Monday 2nd — Friday 6th August



Intensive Swimming Lessons with Amber

Monday 2nd — Friday 6th

09.00-09.30am Tadpoles 4+

09.30-10.00am Frogs 5+

10.00-10.30am Frogs 5+

10.30-11.00am Penguins

Intensive Swimming Lessons with Jess

Monday 2nd — Friday 6th

2.00-2.30pm Tadpoles 4+

2.30-3.00pm Frogs 5+

3.00-3.30pm Frogs 5+

3.30-4.00pm Penguins

Bubble Swims

Sole use of half the pool, shallow to deep

Monday, Wednesday & Friday

12.00-1.00pm

1.00-2.00pm

£20.00 for up to 6 people

Trampolining

Monday 2nd

10.00-11.00am

£5.00 for ages 6+

Wobstacle

Tuesday 3rd

4.30-5.30pm

£5.00 ages 8+

Butterfly Technique Workshop

A half hour lesson dedicated to the technique of one stroke.

Aimed at levels Seals and above.

Monday 2nd

4.30-5.00pm

£5.00



Week Three

Monday 9th—Friday 13th August



Intensive Swimming Lessons with Yasmin

Monday 9th — Friday 13th
09.00-09.30am Tadpoles 4+
09.30-10.00am Frogs 5+
10.00-10.30am Frogs 5+
10.30-11.00am Penguins
£25.00 for 5 days

Bubble Swims

Sole use of half the pool, shallow to deep
Monday, Wednesday & Friday
11.00-12.00noon
£20.00 for up to 6 people

Trampolining

Monday 9th
10.00-11.00am
£5.00 for ages 6+

Wobstacle

Tuesday 10th
4.30-5.30pm
£5.00 ages 8+

Backstroke Technique Workshop

A half hour lesson dedicated to the technique of one stroke.
Aimed at levels Seals and above.
Monday 9th
4.30-5.00pm
£5.00

Week Four

Monday 16th—Friday 20th August



Intensive Swimming Lessons with Jess

Monday 16th — Friday 20th
2.00-2.30pm Tadpoles 4+
2.30-3.00pm Frogs 5+
3.00-3.30pm Frogs 5+
3.30-4.00pm Penguins
£25.00 for 5 days

Bubble Swims

Sole use of half the pool, shallow to deep
Monday—Friday
10.00-11.00am
11.00-12.00noon
£20.00 for up to 6 people

Trampolining

Monday 16th
10.00-11.00am
£5.00 for ages 6+

Wobstacle

Tuesday 17th
4.30-5.30pm
£5.00 ages 8+

Breaststroke Technique Workshop

A half hour lesson dedicated to the technique of one stroke.
Aimed at levels Seals and above.
Monday 16th
4.30-5.00pm
£5.00



Week Five

Monday 23rd—Friday 27th August



Intensive Swimming Lessons with Hollie

Monday 23rd—Friday 27th August
09.00-09.30am Tadpoles 4+
09.30-10.00am Frogs 5+
10.00-10.30am Frogs 5+
10.30-11.00am Penguins
£25.00 for 5 days

Bubble Swims

Sole use of half the pool, shallow to deep
Monday, Wednesday & Friday
11.00-12.00noon
£20.00 for up to 6 people

Wobstacle

Tuesday 24th
4.30-5.30pm
£5.00 ages 8+

Trampolining

Wednesday 25th
10.00-11.00am
£5.00 for ages 6+

Frontcrawl Technique Workshop

A half hour lesson dedicated to the technique of one stroke.
Aimed at levels Seals and above.
Monday 23rd
4.30-5.00pm
£5.00