

# guide to courses...

COURSE NO.	START DATE	TIME	DURATION	FEE	MTB
<b>Sport &amp; Fitness</b>					
LC - Please telephone the Leisure Centre on 02392 603560					
<b>ASA SWIMMING TEACHER – LEVEL 1 (LC)</b>					
-	27-31 Oct	9-4pm	1 week	£370.00	£370.00
<b>BADMINTON (LC) - ADULT &amp; FAMILY SESSIONS</b>					
Please phone for details					

## BASIC FIRST AID

## FIRST AID AT WORK (HSE)

## FIRST AID RE-QUALIFICATION (HSE)

## FIRST AID AT WORK INSTRUCTORS CERTIFICATE

Please phone Leisure Centre for details



## KICK BOXING

- Thu 7-8pm weekly various

## KICKSTART MOTORCYCLE RIDER TRAINING (LC)

Please phone Leisure Centre or 02392 791778 for details

## OCR LEVEL 2 CERTIFICATE IN INSTRUCTING EXERCISE & FITNESS (GYM) (LC)

Please phone for details

## OCR LEVEL 3 CERTIFICATE IN ADVANCED FITNESS INSTRUCTING (GYM) (LC)

Please phone for details

## KEEP FIT FOR THE YOUNG AT HEART

09A-A068 Mon 14 Sep 11-12noon 10 weeks\* £35.00 £17.50

## RLSS NATIONAL POOL LIFEGUARD QUALIFICATION (LC)

□ 09A-D060 Mon 10 Aug various times 5 days various  
 □ 09A-D061 Mon 26 Oct various times 5 days various

For further additional dates please phone the Leisure Centre on 02392 603560

## SWIMMING FOR ADULTS (CONFIDENCE & STROKE IMPROVEMENT)

- Wed 6-7pm various £3.50 per session

## SWIMMING FOR ADULTS (FITNESS & STROKE IMPROVEMENT)

- Fri 7-8pm various £3.50 per session

## SWIMMING LESSONS FOR ADULTS (GROUP OR 1 TO 1 SESSIONS)

Please phone for details of dates, times and fees

## SWIMMING TIMES PUBLIC/FAMILY (LC)

- Mon 6.45-8.15pm weekly various  
 - Tue 6.45-8.15pm weekly various  
 - Thu 6.30-8pm\* weekly various

\* First Thursday of every month 6-7pm due to Lifeguard Training

- Sat 10.30-12noon weekly various

## UNDERWATER HOCKEY (LC)

- Tue 8.15-10pm weekly Please phone for details  
 - Wed 7-8pm weekly Please phone for details

For information on Hockey, Karate/Martial Arts & other clubs on site please phone for details.