

## Coleraine Leisure Centre Tuition Courses September 2010

Ref:	Description	Dates	Times	Days	No of weeks	Price		
THU1ab	Adult & Baby	16/09/10 to 21/10/10	10-10.30am	Thursday	6 weeks	£36.00		
THU2ab	Adult & Baby	16/09/10 to 21/10/10	10.30-11am	Thursday	6 weeks	£36.00		
THU3ab	Adult & Baby - First time enrolment	04/11/10 to 09/12/10	10-10.30am	Thursday	6 weeks	£36.00		
THU4ab	Adult & Baby - Previously enrolled	04/11/10 to 09/12/10	10.30-11am	Thursday	6 weeks	£36.00		
<b>All Adult &amp; Baby classes are designed for active Babies - at least 6 months old</b>								
MONa1	Adult Swimming Lessons Beginners	18/10/10 to 22/11/10	8.30-9.15pm	Monday	6 weeks	Member £60.00 Non-member £70.00		
MONa2	Adult Swimming Lessons Improvers	18/10/10 to 22/11/10	9.15-10pm	Monday	6 weeks			
NPLQ NAT1a	National Pool Lifeguard Qualification (Industry Standard Award for Lifeguards) Age restriction 16yrs+	19/09/10 to 24/10/10	9.30am-12.30pm	Sunday	5 weeks / 38 Hours	£225.00		
		20/09/10 to 18/10/10	6.30-10.30pm	Monday				
<b>All 38 hours of the NPLQ course must be completed - no refunds can be given for this course</b>								
MON1a	Main Pool Swimming Lessons	Level 1	20/09/10 to 22/11/10	4-4.30pm	Monday	10 weeks	All Swimming Lessons are priced as follows;  Member £57.50 Non-Member £65.00 ATL Member £28.75	
MON1b		Level 4						
MON1c		Level 7						
MON2a		Level 2						4.30-5pm
MON2b		Level 5						
MON2c		Stroke Technique						
MON1m	Minor Pool Swimming Lessons	Minnows 1	20/09/10 to 22/11/10	4-4.30pm	Monday	10 weeks		
MON2m		Minnows 2		4.30-5pm				
MON3m		Minnows 3		5-5.30pm				
MON4m		TBC		5.30-6pm				
TUE1a	Main Pool Swimming Lessons	Level 5	21/09/10 to 23/11/10	4-4.30pm	Tuesday	10 weeks		
TUE1b		Level 3						
TUE2a		Level 1					4.30-5pm	
TUE2b		Level 6						
TUE1m	Minor Pool Swimming Lessons	Minnows 1	21/09/10 to 23/11/10	4-4.30pm	Tuesday	10 weeks		
TUE2m		Minnows 4		4.30-5pm				
WED1a	Main Pool Swimming Lessons	Level 4	22/09/10 to 24/11/10	4-4.30pm	Wednesday	10 weeks		
WED1b		Level 2						
WED2a		Level 5					4.30-5pm	
WED2b		Level 3						
WED1m	Minor Pool Swimming Lessons	Minnows 3	22/09/10 to 24/11/10	4-4.30pm	Wednesday	10 weeks		
WED2m		Minnows 1		4.30-5pm				
WED3m		TBC						
WED4m		TBC						
THU1a	Main Pool Swimming Lessons	Level 3	23/09/10 to 25/11/10	4-4.30pm	Thursday	10 weeks		
THU1b		Level 6						
THU2a		Level 4					4.30-5pm	
THU2b		Level 7						
THU1m	Minor Pool Swimming Lessons	Minnows 4	23/09/10 to 25/11/10	4-4.30pm	Thursday	10 weeks		
THU2m		Minnows 2		4.30-5pm				
THU3m		TBC						
<b>All children enrolling in Swimming Lessons must be 5 years of age on the date the Course commences</b>								

## Coleraine Leisure Centre Tuition Courses September 2010

	Description	Level	Dates	Times	Day	No of weeks	Price
MON LIF1a	RLSS Life Support	Level 3	01/11/10 to 15/11/10	7-9pm	Monday	3 weeks	£30.00

### RLSS Life Support 3 Enrolment Information;

This course will instruct the participant in how to perform CPR on Adults / Children / Babies. It will also deal with the management of Hypothermia, Drowning, the diagnosis and treatment of Cardiac Arrest and the treatment of Bleeding, Choking and Shock.  
**Life Support 3 will finish with an Exam on the last evening. Qualification will be valid for 2 years**

	Description	Level	Dates	Times	Day	No of weeks	Price
CHE1a	Cheerleading	Teenies 5-7yrs	20/09/10 to 22/11/10	4-5pm	Monday	10 weeks	Member £57.50 Non-Member £65.00 ATL Member £28.75
CHE2a		Junior A 8-11yrs		5-6pm			

### Cheerleading Enrolment Information:

All customers will be treated as 'Newcomers' at the start of the Autumn Activity Programme in September. For subsequent terms (January & April) current customers will have 5 days priority in which to enrol for the next set of lessons. Customers should be aware that if they do not re-book within the priority period they may lose their place to a newcomer.

This year the Cheerleading Lessons will follow a progressive method throughout the 3 terms ending with a Mini Display / Parents night;

Term 1 - Fun Learning / New Skills / Revision

Term 2 - Fun Competition time / Learning Routines

Term 3 - Display Preparation / Parent's Night.

	Description	Level	Dates	Times	Day	No of weeks	Price
TUE9a	Gymnastics	Pre-school 3-4yrs	21/09/10 to 23/11/10	3.30-4.30pm	Tuesday	10 weeks	Member £57.50 Non-Member £65.00 ATL Member £28.75
TUE9b		Pre-school 4-5yrs		4.30-5.30pm			
TUE9c		Beginners 5yrs+		4.30-5.30pm			
TUE9d		Twisters 1 5-7yrs		5.30-6.30pm			
TUE9e		Twisters 2 7yrs+		6.30-7.30pm			

### Gymnastics Enrolment Information;

All customers will be treated as 'Newcomers' at the start of the Autumn Activity Programme in September. For subsequent terms (January & April) current customers will have 5 days priority in which to enrol for the next set of lessons. Customers should be aware that if they do not re-book within the priority period they may lose their place to a newcomer.

Pre-School 3-4 yrs - Fun & Bright Colours      Pre-school 4-5yrs - More structured

Adults accompanying the children are required to participate in class.

This year the older Gymnastics Lessons will follow a progressive method throughout the 3 terms ending with a Mini Display / Parents night;

Term 1 - Fun Learning / New Skills / Revision

Term 2 - Fun Competition time / Learning Routines

Term 3 - Display Preparation / Parent's Night.

	Description	Level	Dates	Times	Day	No. of weeks	Price	
PIL10	Pilates	Improvers	01/09/10 to 20/10/10	10-11am	Wednesday	8 weeks	£33.60	
PIL11		Beginners		11-12pm				
PIL6		Improvers	02/09/10 to 21/10/10	6-7pm	Thursday			Concession £16.80
PIL7		Improvers		7-8pm				
PIL8		Beginners		8-9pm				

	Description	Level	Dates	Times	Day	No of weeks	Price
ROO1a	RLSS Rookie Lifeguard	Bronze / Silver / Gold	24/09/10 to 26/11/10	4-5pm	Friday	10 weeks	Member £57.50 Non-Member £65.00 ATL Member £28.75

### RLSS Rookie Lifeguard Enrolment Information:

This course is for 8-12 yr olds. To be able to participate in the class the child must be able to swim 1 length of the pool and be able to tread water for 30 seconds.