Please bring t-shirt and shorts to wear in the water. Valuable survival, rescue and sports skills, all delivered in an exciting way that will get children involved and motivated. Minimum requirement: swimmer must be at least Stage 6.

**Rookie lifeguard**

6 & 7 April 9:30 to 10:30am £14d/£28 course

Please bring your own equipment (mask, fins & snorkel) please bring it with you. This course introduces basic techniques of the use of fins, masks & snorkels and breathing underwater. Minimum requirement: swimmer must be at least Stage 6.

**Snorkelling**

14 & 15 April 9:30am to 10:30am £14d/£28 course

If you have your own equipment (mask, fins & snorkel) please bring it with you. This course introduces basic techniques of the use of fins, masks & snorkels and breathing underwater. Minimum requirement: swimmer must be at least Stage 6.

Please note: There will be no after school and Saturday lessons 6 – 11 April. Lessons resume as normal the following week (13 - 17 April).

**Intensive swimming courses**

<table>
<thead>
<tr>
<th>Stage 2/5 - 9 to 9:30am</th>
<th>Week 1</th>
<th>Week 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 3/6 - 9:30 to 10am</td>
<td>Monday to Thursday</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Stage 4/7 - 10 to 10:30am</td>
<td>6 to 9 April 2020</td>
<td>13 to 17 April 2020</td>
</tr>
<tr>
<td></td>
<td>£7 day / £28 week</td>
<td>£7 day / £35 week</td>
</tr>
</tbody>
</table>

**Book via reception, 0117 331 8577 or seh-swimschool@bristol.ac.uk**

more course details online

bristol.ac.uk/sport  📧  📩  @bristolunisport