



For further information & to reserve a place

please call 07757 727 782

or email selkieswim@yahoo.com

More details can be found on our website

at www.swimwithselkie.com

Autumn 2020 - Part 2 Swimming Program

Dates:- Monday 2nd November to Friday 17th December 2020

A short 7 week course with reduced class sizes to allow for current social distancing measures

Swim School - Widths & Lengths

Learn to swim
ASA Stages 3 - 5

Monday Classes

3.45pm	Beginners	Improver 2
4.25pm	Beginners	Improver 2
5.05pm	Improvers 1	Improver 2
5.45pm	Improvers 1	Improver 2

Tuesday Classes

3.45pm	Beginners	Improver 2
4.25pm	Improvers 1	Improver 2
5.05pm	Beginners	Improver 2
5.45pm	Improvers 2 (lengths)	

Wednesday Classes

3.45pm	Beginners	Improver 2
4.25pm	Improvers 1	Improver 2
5.05pm	Beginners	Improver 2
5.45pm	Improvers 1	Improver 2

Thursday Classes

3.45pm	Beginners	Improver 2
4.25pm	Improvers 1	Improver 2
5.05pm	Beginners	Improver 2
5.45pm	Improvers 2 (lengths)	

Friday Classes

3.45pm	Beginners	Improver 2
4.25pm	Beginners	Improver 2
5.05pm	Improvers 1	Improver 2
5.45pm	Improvers 2 (lengths)	

Swim Academy - Lengths

Fitness & coaching
ASA Stages 6 onwards

Monday Classes

6.25pm	Intermediates
7.05pm	Intermediates
7.45pm	Advanced - 30 minute

Tuesday Classes

6.25pm	Intermediates
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Wednesday Classes

6.25pm	Intermediates
7.05pm	Intermediates
7.45pm	Advanced - 30 minute

Thursday Classes

6.25pm	Intermediates
7.05pm	Advanced - 30 minute
7.05pm	Teenage Fitness Swim

Friday Classes

6.25pm	Intermediates
7.05pm	Advanced - 30 minute
7.05pm	Teenage Fitness Swim

Venue

We use the warm teaching pool at South Harringay School on Mattison Road, N4 1BP (on the Harringay Ladder)

Health & Safety Measures - COVID secure

We have significantly changed what classes we offer and how we teach to ensure our lessons are COVID secure.

Please check our website to ensure you understand these changes so together we can keep our children swimming & our community safe.

Course Fees

Course Fees are payable in advance by bank transfer

Course fee £91 for all swimmers (30 min classes)

Please use credits from Jan 2020 against course fee

Please submit payment via bank transfer to

Payee : Selkie Swim School

Sort Code: 20 95 61

Account: 8336 2523

Reference: Childs name & Day

Definition of classes

Beginners - must be confident in the water and able to use changing rooms independently

Improvers 1 class - can swim 5m without aids & placed in the shallow area for safety

Improvers 2 class - can swim 15m without aids confidently

Two choices of Improver 2 classes - swimming widthways or lengthways

Intermediates = can swim 100m (4 strokes)

ASA Stage 6

Advanced = can swim 200m (4 strokes)

ASA Stage 7 up



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