



Welcome to your local Community Fitness Centre.

Kensington Leisure Centre

Swim Courses 2011



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Welcome

We understand the importance of how and where your family learns to swim, and are dedicated to making this a positive and rewarding experience for swimmers of all ages and abilities.

Early learning practices taught on our junior courses give children experience in relaxed floating, sculling, underwater swimming and submerging games. They will progress through the National Swimming Plan Levels learning all the strokes, gaining new techniques and skills.

Adult courses cater for all abilities from gaining water confidence for beginners, improving stroke techniques and specialised skills for advanced swimmers.



Timetable for Teaching Pool Spring 2011

	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	
Mon			Aqua 2	Aqua 1											Aqua 3	Aqua 3				1
															Level 1	Level 1				2
															Level 2	Level 2				3
Tue														Aqua 3	Level 1	Aqua 3	Level 1	Level 2		1
															Level 2	Level 1				2
																Level 2				3
Wed				Aqua 2											Aqua 3	Level 2	Level 1			1
															Level 1		Level 2			2
																				3
Thu			Aqua 1							Aqua 2					Aqua 3	Aqua 3	Level 1	Level 1		1
															Level 1	Aqua 2				2
																Level 2				3
Fri															Level 1	Aqua 3	Aqua 3			1
															Level 2	Level 1	Level 2			2
															Level 2					3
Sat	Aqua 2	Level 1	Level 1	Aqua 3	Aqua 3	Level 2	Aqua 3													1
		Level 1	Level 2	Aqua 2	Level 2															2
																				3

*Subject to change. Correct at time of going to press.

**Crash course will be run on demand only.

Price List: Member	Duration		Price
1 Private Lesson	30 mins	1:1	£22.00
6 Private Lessons	30 mins	1:1	£118.00
12 Private Lessons	30 mins	1:1	£236.00

Price List: Member	Duration		Price
1 Private Lesson	30 mins	2:1	£27.60
6 Private Lessons	30 mins	2:1	£155.00
12 Private Lessons	30 mins	2:1	£310.00

Price List: Member	Duration		Price
1 Private Lesson	30 mins	3:1	£37.00
6 Private Lessons	30 mins	3:1	£203.00
12 Private Lessons	30 mins	3:1	£406.00

Adult	12 weeks	£83.40
Child	12 weeks	£47.40
Double Champions	12 weeks	£94.80

Adult Crash Course	5 days**	£34.75
Junior Crash Course	5 consecutive days (Hols Only)**	£19.75

Flip 'n' fun	1 hour Sessions 10 week course	£79.00
Surf School	30 minute Sessions 10 week course	£39.50

All our courses follow the ASA* National Plan for Teaching Swimming (NPTS) to ensure quality and consistency and are taught by ASA-qualified teachers, resulting in an ASA Award.

The Swim Co-ordinator is available to answer any questions you may have and qualified lifeguards and first aid staff are always available.

Programme Content

Our courses include the following aspects:

- Skill & Stroke Development
- Awareness & Understanding
- Practice
- Games
- Assessment
- Progression
- Reward
- A Safe & Fun Environment

Courses Dates

The Spring course will start on the 26th April 2011 and finish the week ending the 23rd July 2011.

Autumn course will start on the 5th September 2011 and finish the week ending the 17th December 2011

In the interests of hygiene and safety please ensure that your children go to the toilet and shower before entering the pool.

Swimming nappies for babies available for purchase at reception.

Please note that outdoor shoes are not permitted on the poolside - please use the blue over-shoes provided.

*ASA - Amateur Swimming Association

Terms & Conditions

Full payment is required at the time of booking.

Refunds will only be considered on medical grounds and where proof is provided.

Credits will only be considered if the Centre fails to provide a qualified Teacher or if a pool is closed for maintenance.

The Centre Manager's decision is final on these matters.

Parent & Child Lessons

Introduce your child to the fun of swimming. Lessons with a parent or guardian based around play and interaction. Water confidence is achieved for 6 month to 4 year olds.

Private Lessons

One-to-one, one-to-two or one-to-three tuition for children or adults.

Ideal for the nervous swimmer, or specific stroke or technique improvement.

Look out for Holiday Crash Courses

For details of our 5-Day Crash Courses in the school holidays please see our Swim Co-ordinator or ask at reception.

Please note

The crash courses will run on demand only.



For more information or to book a course please ask a team member or call us on:

020 7727 9747

Kensington Leisure Centre

How to find us

Walmer Road, London W11 4PQ

Buses: 7, 23, 52, 295

Tube: Ladbroke Grove, Latimer Road, Holland Park

Contact details

Bookings & Enquiries: 020 7727 9747 Ext 213

Fax: 020 7229 8380

Email: Kensington.fitness@gll.org

Opening times

Monday-Friday 06.30-22.00

Saturday 08.00-20.00

Sunday 08.00-22.00



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