

Haringey Aquatics: programme of activities at Northumberland Park Community School pool, Tottenham N17 (Spring 2015)

Haringey Aquatics will run the following sessions at **Northumberland Park Community School pool, Sports Block, Worcester Avenue, Tottenham N17 OTU** from Monday 5 January 2015 until Sunday 29th March 2015.

Parking is usually available in the school car park in front of the Sports Block, which can be accessed from Worcester Avenue.

There will be no after school sessions, Parent & Toddler swim or Friday classes for adults at half term, 16-20 February 2015. The club will run a Learn to Swim crash course for children at half term. For more information about all of these activities, see below.

CHILDREN AND PARENTS/CARERS

After School Learn to Swim classes

Covering stages 1-7 of the ASA national plan for teaching swimming

For children aged 4-14 years

Monday to Friday 4.00-5.30pm from 5th January 2015

£21 for six 30min classes.

Children in our after school scheme must be registered/insured with the Amateur Swimming Association (ASA). The annual fee for 2015 is £12.50.

Phone/text/email Sharon to check availability and reserve a place
07947 517003 ha.austins@gmail.com

Parent & toddlers swim

A fun and friendly introduction for parent and child together to build confidence and water skills and provide a gentle work out for parents.

For children aged 6 months-3 years

Each child to be accompanied in the water by a parent

Thursdays at 5.30pm from 8th January 2015

£17.50 for five 30min classes

Phone/text/email Sharon to check availability and reserve a place
07947 517003 ha.austins@gmail.com

ADULTS (MIXED) & WOMEN ONLY CLASSES

Come and join our friendly sessions, learn to swim or work out to music. The sessions are suitable for all abilities and involve low impact exercise.

Adult (mixed) Learn to Swim/Improvers class

Sundays at 9.30am from 11 January 2015

£20 for five 45min classes or £6 for one 45min class

Pay at the door or phone/text/email Lesley to reserve a place

07856 778346 lesleyw_ha@hotmail.co.uk

Women Only Learn to Swim/Improvers class

Fridays at 5.45pm from 9th January 2015

£20 for five 45min classes or £6 for one 45min class

£30 for five swimming classes taken with five aqua aerobics classes on the same evenings

Pay at the door or phone/text/email Lesley to reserve a place

07856 778346 lesleyw_ha@hotmail.co.uk

Women Only Aqua Aerobics (water workout) class

Fridays at 6.30pm from 9th January 2015

£20 for five 45min classes or £6 for one 45min class

£30 for five swimming classes taken with five aqua aerobics classes on the same evenings.

Pay at the door or phone/text/email Lesley to reserve a place

07856 778346 lesleyw_ha@hotmail.co.uk

SPRING HALF TERM

Learn to Swim Crash Course for children

Monday-Friday from 16-20th February 2015

For children aged 4 years and up

9.00-9.30am Swimming Stage 1 and 2 (beginners)

9.30-10.00am Swimming Stages 3-7

£17.50 for five 30 min classes
Phone/text/email Lesley to check availability and reserve a place
07856 778346 lesleyw_ha@hotmail.co.uk

Our Parent & Toddlers session, Adult swimming lessons and Women Only activities are part-funded by a grant from Tottenham Active!

Haringey Aquatics is a 'not for profit' amateur sports club affiliated to the ASA and providing quality coaching in swimming, diving and water polo for young people in Haringey. Our competitive training programmes are based at Park Road and Tottenham Green Leisure centres. We also provide swimming lessons and other pool-based activities for children and adults in Northumberland Park. We work in partnership with Haringey Council and Northumberland Park Community School.

All our staff are fully qualified and DBS checked and we are Swim21/Clubmark accredited.

For more information about Haringey Aquatics go to www.haringeyaquatics.org.uk