

**NEW**

**SPECIAL LAUNCH  
OFFER INSIDE**



# **LES ORMES SWIM ACADEMY**

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**LEARN TO SWIM  
PROGRAMME 2016**



**[jerseysport.co.uk](http://jerseysport.co.uk)**

**Les Ormes**



# ABOUT THE SWIM ACADEMY

## **What you can expect from the Les Ormes Swim Academy:**

- + Our principal aim at Les Ormes is to create a confident swimmer who can go on to enjoy a lifetime of swimming.
- + All classes are a maximum of 5 learners.
- + Price is all inclusive. Beginners receive a Swim Academy rucksack with water bottle and swimming hat.
- + Free family swim for you to enjoy with your child and see first-hand how they have improved.
- + Tailored lessons to suit your needs so your children can learn to swim with their friends or other family members.
- + Real-time, online feedback on your child's progress with your very own login.

## **What you can expect from the pool facilities at Les Ormes:**

- + A quiet environment with privacy from spectators and crowded lanes.
- + Warm water to 30° Celsius.
- + Purpose built pool to teach swimming from beginner to level 7.
- + All cubicle changing room for privacy.
- + Restaurant and cafe. Free car park.

## **What you can expect from our Swim Academy teaching:**

- + Highly experienced and qualified staff.
- + An ability to quickly form empathic bonds with learners with a fear of water.
- + A dedication to providing the best possible learning experience.
- + Continuous development and feedback.

# CHILDREN'S LESSONS

**SPECIAL OFFER**

Only **£99**

If you sign up to our **Learn to Swim Term Time Programme** before 31 May 2016

**(TT) Term Time Programme**

## **Group Lessons (TT)**

Swimming is one of the most liberating, uplifting, rewarding and healthy activities for children to participate in. It should also be a fun and enjoyable experience.

Water confidence and the ability to swim from a young age is a gift for life, opening the door for your children to enjoy a wide range of water-based activities and giving you peace of mind near the water, whether at home or on holiday.

At Les Ormes, we specialise in swimming classes with children of the same ability with up to a maximum of 5 swimmers in one class. Classes are kept small to guarantee every child is getting the individual attention that is required and developing the social aspect as well. Each lesson will be 30 minutes long. Your child will progress faster in small classes like these.

## **Create your own tailored class**

If your child has friends or relatives that they would prefer to swim with, we can cater for this too at a time to suit you. We can also provide you with multiple lessons per week so that your child can progress and become the best possible swimmer in the shortest amount of time.



**Contact Rebekah on 497036  
swim@lesormesjersey.co.uk**

## **One to One Child Tuition (TT)**

Tailored to meet your child's goals and needs helping them to improve quicker than group lessons.

- + Each lesson lasts 30 minutes
- + 100% contact time between teacher and swimmer guaranteed

One to One tuition is also more effective because children can develop at their own pace. We offer lessons for nervous children or children that have a fear of water as well as for the more advanced swimmer providing stroke analysis.

## **Adult & Infant Swimming (TT)**

Swimming from birth is great for your baby's health and physical development. We welcome babies from 6 weeks old

with permission from your doctor. Each lesson lasts 30 minutes in our heated pool at 30° Celsius.

Swimming provides quality bonding time between parent and baby. It will also help to develop the brain while improving water confidence.

## **5 Day Intensive Classes**

Speed up your child's swimming with intensive lessons each day during the school holidays. Our aim is to:

- + Boost swimming skills and technique
- + Increase confidence around water
- + All abilities catered for 0m to 400m+
- + 5 x 30 minute sessions per week
- + Maximum 5 children per teacher

Contact us for prices.

**NEW  
SWIM  
PARTIES**



## **Snorkelling**

Snorkelling is an ideal way to build up confidence in the water. It is easy to learn and great fun. Our Snorkelling sessions are available to anyone young or old alike. Lessons are an hour long as an introduction to snorkelling which will go in-depth and can continue on into sea snorkelling.

## **Scuba Diving**

From 8 years old you can use scuba gear to breath underwater. We can offer the PADI Bubblemaker™ session which is great fun as an introduction to scuba diving or for those who would like to do a little more there is the PADI Seal Team where you will be required to complete up to 15 exciting aqua missions. Each session is an hour.

## **Swim Parties**

A brilliant birthday party for all children over 5 offering structured games, floats, sinkers, balls and inflatables followed by free play in the pool. The maximum number for a pool party is 16 children.

All parties are covered by lifeguards with a safety talk and a swim test to determine if children need arm bands. Younger children must be accompanied by an adult.

## **Rookies Lifeguard Scheme**

Developed for 8 to 12 year olds, the Rookie Lifeguard Scheme teaches children how to enjoy water safely, whether in shallow or deeper water, giving you greater peace of mind. This could then lead towards a lifeguard qualification (RLSS).

Contact us for further information and prices.

# ADULT CLASSES



## **Adult Swimming** (TT)

At Les Ormes we cater for private adult swimming lessons on a one to one basis and in small groups. Each lesson lasts 30 minutes with lessons from complete beginners through to improving your stroke.

Our skilled instructors can customise each lesson to your specific needs. Our lessons will help you achieve your goals more quickly, and help you develop your stroke, giving you greater confidence in the water.

## **Aqua Boot Camp and Antenatal Classes** (TT)

Aqua Boot Camp is aerobics in the water. Enjoy the benefits of a low impact workout, using the water as your resistance. You can enhance your cardiovascular fitness, flexibility and help to develop a healthier you. Sessions are 45 minutes long. Perfect for antenatal mums and people requiring rehabilitation.

## **Vocational Qualifications**

At Les Ormes, we are able to offer courses leading to the Royal Lifesaving Societies National Pool and Beach Lifeguard, First Aid and Defibrillator Qualifications. Contact us for further information and prices.

## Your Details (Adult / Adult and Infant):

Name:	
Any medical conditions or allergies:	Swim Level or Experience:

## Child's Details:

CHILD 1	Name:	Age:
	Any medical conditions or allergies:	Swim Badge or Levels completed:

CHILD 2	Name:	Age:
	Any medical conditions or allergies:	Swim Badge or Levels completed:

CHILD 3	Name:	Age:
	Any medical conditions or allergies:	Swim Badge or Levels completed:

## Les Ormes Learn to Swim Term Time Programme: *Please tick as applicable*

GROUP LESSONS (30 minutes)	ONE TO ONE TUITION (30 minutes)	AQUA BOOT CAMP AND ANTENATAL CLASSES (45 minutes)
£125 per 10 week course	£30 per lesson	
Adult <input type="checkbox"/>	Adult <input type="checkbox"/>	£125 per 10 week course
Adult and Infant <input type="checkbox"/>	Child <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Adult <input type="checkbox"/>
Child <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

For any enquiries about the other activities on offer, please contact Rebekah on 497036

## Your Contact Details:

Name:		Email:
Home:	Work:	Mobile:

Parental Consent (If Required) I give consent for my child or children to participate in the activities selected:

Signature of Parent or Guardian:	Date: / / 2016
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I give consent for my information to be held on a secure database and used for future marketing by Les Ormes Leisure Resort.

I give consent for myself or my children to participate in photography during activities. Images may be used in future marketing by Les Ormes.

Please make cheques payable to: **Les Ormes Leisure Resort**  
Post to: **Les Ormes Leisure Resort, Le Mont à la Brune, St Brelade, Jersey JE3 8FL.** Contact us on: **497000**



# Winter Lets

Available from October to April

Managed Winter Lets, ideal if you are buying, selling, renovating or relocating. Call 497028, drop into reception or visit us online



[jerseywinterlets.co.uk](http://jerseywinterlets.co.uk)

Les Ormes