

Sea Spray Swimming Pool

FREE swimming lessons for YOU

Are you aged between 5 and 10? Would you like to learn to swim or to improve your swimming skills? Then you may be interested in our fantastic offer during the school summer holidays.

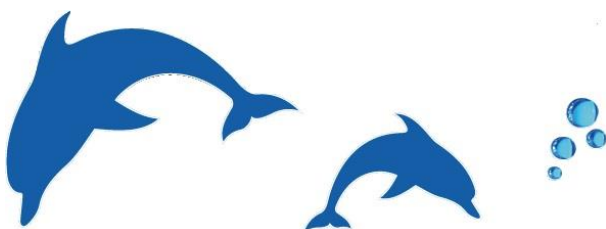
Sea Spray Swimming Pool is running a super ten-day swimming course and we are making you an offer you can't refuse because two of the lessons will be completely free!



The lessons are suitable for complete beginners to advanced swimmers.

The instructors are trained to teach swimming, life-saving and all water skills. Are you scared of water? Don't worry! Our trainers are experts in dealing with nervous beginners.

The lessons will run from 1st – 14th August.



To join, all you have to do is come to Sea Spray Pool for your first lesson on Monday, 1st August at 10:00 am and bring:

- a swimming kit
- a towel
- a packed lunch

You must bring an adult with you, so speak to your parents or carers about this wonderful offer. Your swimming ability will be checked and

you will be put into one of three groups:



- **Tadpole**
- **Goldfish**
- **Dolphin.**



During your lessons, we ask you to keep to these 'golden' rules:

1. Listen to the trainers and follow their instructions at all times.
2. Help to keep changing rooms clean and tidy.
3. Do not shout or dive into the pool.

Sea Spray Pool will provide all of your equipment and the swimming instructors.

At the end of the course, there will be a gala with races and a party.

These questions are about *Sea Spray Swimming Pool*

(page 1)

- 1 Who might be interested in reading this poster?

(page 1)

- 2 When are the swimming lessons?

(page 1)

- 3 Give **two** things that the instructors at Sea Spray Pool are trained to teach.

1. _____

2. _____

4 **Find** and **copy two** things children have to take when they go to the lessons.

1. _____

2. _____

5 *'golden' rules*

This means the rules are...

Tick **one**

very expensive
to follow.

only for good
swimmers.

very important.

completely
useless.

6 Put ticks in the table to show which sentences are **true** and which are **false**.

Statement	True	False
The lessons are only for good swimmers.		
A six-year-old could take part in the lessons.		
Children can sign up on their own.		
There is a party at the end of the course.		