

# Mold Leisure Centre

## Easter Swimming Pool Programme



**Mold Leisure Centre, Wrexham Road, Mold, Flintshire, CH7 1HT**  
**Tel: 01352 704330**



### Activities include:

Waterpolo, Kayaking, Snorkelling, Pool Inflatable,  
Junior Rookie Lifeguard, Distance Swim Challenge and  
Swimming Lessons programme

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01352 704290  
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# SWIMMING PROGRAMME

## 4 Year old swimming lessons

Tuesday 27th March - Thursday 29th March	9.00am - 9.30am	Beginners swimming lessons for 4 year olds only	£14.10 3 day course
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## Wave 1 swimming lessons

Tuesday 27th March - Thursday 29th March	12.15pm - 12.45pm	Swimming lessons for children 5 years old plus, at wave 1 standard.	£14.10 3 day course
Tuesday 3rd April - Thursday 5th April	9.00am - 9.30am		

## Wave 2 swimming lessons

Tuesday 27th March - Thursday 29th March	12.15pm - 12.45pm	Swimming lessons for children 5 years old plus, at wave 2 standard.	£14.10 3 day course
Tuesday 3rd April - Thursday 5th April	9.00am - 9.30am		

## Wave 3 swimming lessons

Tuesday 27th March - Thursday 29th March	9.30am - 10.00am	Swimming lessons for children 5 years old plus, at wave 3 standard.	£14.10 3 day course
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More sessions to be added on demand. There will be a waiting list for all sessions if you don't manage to secure a place. From the waiting list, we will add more sessions in our programme where possible.

Please note: The Management reserve the right to change this programme without prior notice.

### Child / Adult Ratios for Under 8's

Children aged 0-3 years must be accompanied in the water by a responsible person of 18 years or over on a 1:1 basis.

Children aged between 4-7 years on a 1:2 basis.

# SWIMMING PROGRAMME

## Waterpolo

Thursday 5th April	11.00am – 12.00pm	introduction to water polo skills including correct swimming, throwing, catching and shooting practices. Must be wave 5 standard or above.	£FREE
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## Kayaking

Monday 26th March Tuesday 3rd April	9.30am - 10.30am 12.00pm - 1.00pm	Beginners kayaking skills including correct paddling, turning and capsizing practices. Must be wave 5 standard or above.	£5 per session
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## Snorkelling

Monday 26th March Wednesday 28th March	11.00am - 11.45pm 10.15am - 11.00am	Beginners snorkelling skills including correct swimming and breathing practices. Must be wave 5 standard or above.	£5 per session
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## Pool inflatable

Monday 26th March Friday 6th April	12.00pm - 1.00pm	Fun pool session for children 8 years old plus	£3.10 per session
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## Rookies

Tuesday 27th March Friday 6th April	9.00am - 10.00am 10.00am - 11.00am	Introduction to rookie lifesaving skills. Must be wave 5 standard or above.	£FREE
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## Distance swim challenge

Wednesday 4th April	10.30am - 11.30am	Challenge yourself to swim a chosen distance and gain a distance certificate (extra cost of £3.10)	£FREE
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