



**EVERY DAY. YOUR WAY.**

**RICHMOND UPON THAMES MOVES**  
FOR A HEALTHIER BOROUGH

# Summer 2025 Holiday Activities

## Swim Crash Courses

- Week 1: 21 to 25 July
- Week 2: 28 July to 1 August
- Week 3: 4 to 8 August
- Week 4: 11 to 15 August
- Week 5: 18 to 22 August
- Week 6: 26 Aug to 29 Aug (4 days)

	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6
8.00-8.30am	1	X	X	1	X	X
8.30-9.00am	2	1	X	2	X	1
9.00-9.30am	3	2	1	3	PSB	2
9.30-10.00am	4	3	2	4	1	3
10.00-10.30am	5	4	3	6	2	4
10:30-11.00am	X	X	5	X	6	7

**Prices:**  
**Five day course**  
**£57.50 R/C & £62.50 Non R/C**  
**Four day course**  
**£46.00 R/C & £50.00 Non R/C**  
**5 Lessons** - Stages. Children aged 5 years and over.

## Swim Level Criteria

**Learner Pool**  
**Pre School Beginners** - For children aged 3-4 years who are non swimmers and require buoyancy aids.  
**Stage 1** - For children not able to swim without buoyancy aids  
**Stage 2** - For children able to swim 3metres with their face in the water  
**Stage 3** - For children able to swim 5metres on their front and back  
**Stage 4** - For children able to swim 10metres on their front and back and with an idea of correct technique

**Main Pool**  
**Stage 5** - For children able to swim 15metres on their front and back with good technique  
**Stage 6** - For children able to swim 25metres on their front and back with good technique  
**Stage 7** - For children able to swim 50metres on their front and back with good technique.

## Booking Information

- All classes must be booked and paid for in advance
  - An application form/medical form must be completed for each child
  - Classes are subject to availability and maybe cancelled due to insufficient numbers enrolled.
  - No refunds are given
- R/C - Richmond Card with paid for leisure subscription**

## Diving Workshop

**30 July 1.00-1.45pm**  
 For children looking to learn to dive or improve their diving skills.  
 For children Stage 6+

## Stroke Workshop

**29 July\* and 31 July\*\***  
**1.00-1.45pm**  
 For children Stage 6+  
 \*Breaststroke  
 \*\* Frontcrawl and Backstroke  
**Price per workshop:**  
**£11.50 R/C £12.50 Non R/C**

**Teddington Pools & Fitness Centre**  
 Vicarage Road, Teddington TW11 8EZ  
 www.richmond.gov.uk/tpfc

**Phone: 020 3772 2999**

