



# LTS SUMMER SCHOOL

## Swimming

Venue: RGU SPORT, Garthdee Road, Aberdeen  
Dates: Mon 9<sup>th</sup> August - Friday 13<sup>th</sup> August 2010  
Time: 4.00-4.30pm and 4.30pm-5.00pm  
Cost: £20/5 lessons  
Ability: Level 1-Level 5

This course will be part of a training course for teachers. The majority of the teachers are our own assistants who are progressing to become teachers, so they will be familiar to the swimmers.

## Diving

Venue: RGU SPORT, Garthdee Road, Aberdeen  
Dates: Mon 9<sup>th</sup> August - Friday 13<sup>th</sup> August 2010  
Time: 4.00-4.30pm and 4.30pm-5.00pm  
Cost: £20/5 lessons  
Ability: LTS Levels 4-7 and A Squad

The diving will be following an exciting diving programme called Flip N Fun. Swimmers will receive progress cards and can purchase certificates and badges from the Amateur Swimming Association, through the LTS. More information on: [www.britishswimming.org](http://www.britishswimming.org) Disciplines/Diving/Flip N Fun/Brochure

To book a space please contact:

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