

## STA Swim Zone Pool Schedule 2014

Time	30 <sup>th</sup> September	1 <sup>st</sup> October	2 <sup>nd</sup> October
11.00 - 11.20	<b>STA's Junior Lifeguard - Boogie Board NEW</b> This is a fun activity to introduce new skills to your swimmers. Skills include paddling, turning, stopping and basic board rescues. Swimmers are sure to have a wave of a time!	<b>STA's Junior Lifeguard - Water Polo NEW</b> A great way to develop endurance, sharpen skills already learnt within lifesaving and swimming and introduce sport and competition to your swimmers!	<b>STA Aquacise - Circuits</b> A fun, fitness based session that uses the resistance of water and other available aqua exercise equipment to create a fitness class for all abilities. This is a great way to utilise spare pool time and target the adult market.
11.30 - 11.50	<b>Splash Paddle Swim presents - Synchronised Swimming NEW</b> Splash Paddle Swim's new beginner Synchro group demonstrate a display of synchronised swimming working through the NEW STA Synchro badge scheme.	<b>Splash Paddle Swim presents Junior Lifeguard - Rescue Tube NEW</b> Teaching swimmers how to perform land and pool based rescues and deal with unconscious casualties using a rescue tube. This exciting award gives learners the opportunity to learn new skills.	<b>STA Life Saving – 2-Man Spinal Demonstration</b> Demonstrating the versatility of the 2 person spinal rescue technique using the Ferno Aquaboard and the Laerdal BaXstrap Board.
12.00 - 12.20	<b>STA's Open Water Swimming</b> A demonstration of open water swimming techniques to show how this differs to pool swimming. This is an excellent way to utilise spare pool time and a great way to interact with adult swimmers wanting to get involved in this popular activity.	<b>Swimtime Spectacular Returns</b> The UK's biggest swimming lesson provider, Swimtime is showcasing a range of fun, pool based sessions including elements of the new STA Junior Lifeguard Academy programme.	<b>STA's Open Water Swimming</b> A demonstration of open water swimming techniques to show how this differs to pool swimming. This is an excellent way to utilise spare pool time and a great way to interact with adult swimmers wanting to get involved in this popular activity.
12.30 - 12.50	<b>STA's Junior Lifeguard 'Wet &amp; Dry' NEW</b> See a display of both the wet and dry elements of the new STA Junior Lifeguard Academy programme! Pool based Seal Awards and dry side Junior Medic demonstrations. Ideal for community groups too!	<b>STA's Open Water Swimming</b> A demonstration of open water swimming techniques to show how this differs to pool swimming. This is an excellent way to utilise spare pool time and a great way to interact with adult swimmers wanting to get involved in this popular activity.	<b>STA's Junior Lifeguard - Boogie Board NEW</b> This is a fun activity to introduce new skills to your swimmers. Skills include paddling, turning, stopping and basic board rescues. Swimmers are sure to have a wave of a time!

Time	30 <sup>th</sup> September	1 <sup>st</sup> October	2 <sup>nd</sup> October
13.00 - 13.20	<b>Aqualife Swimming presents - Marine Medley</b> Aqualife Swimming presents their unique approach to teaching swimming by incorporating marine creatures and themes in to the lessons; helping children learn about diverse topics such as animals and habitats, safety and conservation. Bringing the magic of the ocean into the pool!	<b>Swimtime Spectacular Returns</b> The UK's biggest swimming lesson provider, Swimtime is showcasing a range of fun, pool based sessions including elements of the new STA Junior Lifeguard Academy programme.	<b>STA's Junior Lifeguard - Fin Swimming NEW</b> Teaching swimmers how to use fins safely and to their best advantage. This is a fun session including fin swimming on the surface, underwater, treading water and much more!
13.30 - 13.50	<b>STA Aquacise</b> A fun, fitness based session that uses the resistance of water and other available aqua exercise equipment to create a fitness class for all abilities. This is a great way to utilise spare pool time and target the adult market.	<b>Synchro Display</b> A team of budding young athletes aged 12 & under perform a spectacular co-ordinated display of synchronised swimming. From solos', duets and team displays this fun packed half an hour is sure to keep you mesmerized!	<b>STA Life Saving – 2-Man Spinal Demonstration</b> Demonstrating the versatility of the 2 person spinal rescue technique using the Ferno Aquaboard and the Laerdal BaXstrap Board.
14.00 - 14.20	<b>STA's Junior Lifeguard – Snorkelling NEW</b> Discover the depths of the pool with the STA's recently revamped taster snorkelling session - as part of STA's new Junior Lifeguard Academy!	<b>STA's Junior Lifeguard - Boogie Board NEW</b> This is a fun activity to introduce new skills to your swimmers. Skills include paddling, turning, stopping and basic board rescues. Swimmers are sure to have a wave of a time!	<b>STA's Junior Lifeguard Total Seal NEW</b> An amalgamation of lifesaving skills integrated into one taster award to allow swimmers to practise and utilise all the lifesaving skills they have learnt in the programme so far!
14.30 - 14.50	<b>STA's Sizzling Summer Lessons NEW</b> Need some ideas to spruce up your summer term lessons then why not come along and get some inspiration. Handouts available.	<b>Swimtime Spectacular Returns</b> The UK's biggest swimming lesson provider, Swimtime is showcasing a range of fun, pool based sessions including elements of the new STA Junior Lifeguard Academy programme.	<b>STA's Junior Lifeguard, Water Polo NEW</b> A great way to develop endurance, sharpen skills already learnt within lifesaving and swimming, and introduce sport and competition to your swimmers!
15.00 - 15.20	<b>Seascooters - It's Party time!</b> Do you have dead pool space? Why not add fun and variety to pool sessions or offer pool parties. These are great fun for all the family!	<b>STA's Junior Lifeguard – Snorkelling NEW</b> Discover the depths of the pool with the STA's recently revamped taster snorkelling session - as part of STA's new Junior Lifeguard Academy!	<b>Seascooters - It's Party time!</b> Do you have dead pool space? Why not add fun and variety to pool sessions or offer pool parties. These are great fun for all the family!
15.30 - 15.50	<b>Synchronised Swimming</b> Zoe Cooper former British Champion, star of Britain's Got Talent and ITV's Splash and creator of the STA Synchro awards performs her amazing pool solo. A performance not to be missed.	<b>STA Aquacise - Themed</b> A fun, fitness based session that uses the resistance of water and other available aqua exercise equipment to create a fitness class for all abilities. This is a great way to utilise spare pool time and target the adult market.	<b>Synchronised Swimming</b> Zoe Cooper former British Champion, star of Britain's Got Talent and ITV's Splash and creator of the STA Synchro awards performs her amazing pool solo. A performance not to be missed!

\* Dates and programme may be subject to change