



- Trained instructors with lifeguard qualification
- Small class sizes
- Summer Splash t-shirt included in the price
- Family discounts available

Children's Programme

Complete a level of SwimJamaica's Children Programme over 10 one hour lessons. For children from 4 years old. Three courses of lessons available at the National Stadium Pool.

Course 1 – July 5 to 16, 2010
 Course 2 – July 19 to 30, 2010
 Course 3 – August 9 to 20, 2010
 (No lessons on August 2-6)

Times:

9:00-10:00am 10:00-11:00am
 11:00-12:00am 1:00-2:00pm
 2:00-3:00pm 3:00-4:00pm
 Lessons also available at other locations in Kingston, St Mary, Mo-Bay & Discovery Bay

Cost:

\$5,300 per course (ten lessons)

Adult Programme

For non-swimmers & those wishing to improve their swimming ability. One hour lessons every weekday at the National Stadium Pool from July 5 to August 20.

Times:

Tue. & Thu. — 1:00 - 2:00 pm
 Mon., Wed. & Fr — 6:00 - 7:00 pm

Cost:

\$3,000 for five lessons
 \$4,800 for ten lessons

SwimJamaica Celebrates 5 Years...be a part of our celebration. With every 5 persons you register the 5th person is free!

One2one lessons

For children (3+ years) & adults who prefer an individual class. 30 minute lessons.

Cost:

\$4,300 for five lessons
 \$6,300 for ten lessons

Toddler Programme

For toddlers (from two years old) with an adult in the water.

To develop water confidence & encourage water safety. Thirty minute lessons.

Contact the office for more information

Registration & Information

For further information email info@swimjamaica.com or call 926-1514. Registration forms can be downloaded from our website. www.swimjamaica.com