

## STSP ACTIVITIES

Please ensure that you highlight any disability that is likely to affect your ability to participate in your chosen activity at the time of booking. To allow us to make appropriate arrangements for any individual requirements, where this is reasonably possible and to brief lifeguards/instructors on duty.

ACTIVITY	NOTES/RESTRICTIONS
<b>AQUAFIT</b> <b>Age:</b> 14 years and over Fun water based exercise to music. (low impact workout) Duration 45mins.	<input type="checkbox"/> Participating guests need to be able to stand and follow instructions. <input type="checkbox"/> Activity is suitable for the majority of guests with additional needs provided they have full use of their arms and legs

<p><b>BABY DOLPHINS</b>  <b>Age:</b> Under 3 years.  Fun session. Supervision of one parent to one child is required.  Duration 50 Minutes (Free activity)</p>	<p><input type="checkbox"/> Activity is suitable for all guests as this is a parent accompanied activity.</p>
<p><b>AQUA JETS</b>  Age: 8 years +  Duration 30 minutes</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Guests must be competent swimmers.</li> <li><input type="checkbox"/> Activity is suitable for the majority of guests with additional needs providing they have full use of their arms and can swim or move through the water unaided. Guests also need use of their hands and ability to grip and maintain pressure on a button for prolonged periods.</li> <li><input type="checkbox"/> Guest must be able to follow safety instructions.</li> <li><input type="checkbox"/> A medical questionnaire must be completed for all participants. If you have medical conditions that may preclude participation, please consult your doctor prior to arrival and bring with you written evidence of your fitness to participate, signed by your doctor.</li> </ul>

<p><b>MINI JET SKIS</b>  Age: Under 8 yrs.  Structured session.  Supervision of one parent to child is required.  Duration 10 mins.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Guests must be competent swimmers and must be able to follow instructions.</li> <li><input type="checkbox"/> Activity is suitable for the majority of guests with additional needs, however, full use of arms is required and the ability to sit on the jet unaided.</li> <li><input type="checkbox"/> Guests need use of their hands and ability to grip and maintain pressure on a button for prolonged periods.</li> </ul>
<p><b>Swimasong Swimming Activities</b>  Age: 4mths – 18mths &amp; 19mths – 3years.  Structured session. Supervision of one parent to child is required.  Duration 30 mins.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Swimasong activities are suitable for all as they are parent accompanied activities.</li> <li><input type="checkbox"/> One to one sessions can be arranged with prior notification.</li> </ul>
<p><b>Swim Pups</b>  Age: 3months – 2years &amp; 2years – 4years.  Structured session.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Swim Pups activities are suitable for all as they are parent accompanied activities.</li> <li><input type="checkbox"/> One to one sessions can be arranged with prior notification.</li> </ul>

Supervision of one parent to child is required. Duration 30 mins.	
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**Please note:** The Sub Tropical Swimming Paradise staff are pleased to discuss individual requirements/sessions. Please contact the Guest Careline (or a member of Pool staff whilst on village) should you require further information.

Additional / group sessions may be able to be arranged with prior notice and through discussion with appropriate pool staff / instructors.