

## 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>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)	<ul style="list-style-type: none"><li>• Activity is suitable for all guests as this is a parent accompanied activity.</li></ul>
<b>AQUA JETS</b> <b>Age:</b> 8 years + Duration 30 Minutes	<ul style="list-style-type: none"><li>• Guests must be competent swimmers.</li><li>• 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>• Guest must be able to follow safety instructions.</li><li>• 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>  <b>Age:</b> Under 8 years.  Supervision of one parent to child is required.  Duration 10 minutes.</p>	<ul style="list-style-type: none"> <li>• Guests must be competent swimmers and must be able to follow instructions.</li> <li>• 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>• Guests need use of their hands and ability to grip and maintain pressure on a button for prolonged periods.</li> </ul>
<p><b>MERMAIDS AND SHARKS</b>  <b>Age:</b> 6-12 years  Duration 45 mins</p>	<ul style="list-style-type: none"> <li>• Guests must be an equivalent to ASA level 5 or above</li> <li>• Swim test will take place before the activity.</li> <li>• Participants must be able to swim 25 meters independently and confidently and tread water for 30 seconds unaccompanied.</li> <li>• Guests must be able to follow safety instructions.</li> <li>• 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>Swimasong Swimming Activities</b>  <b>Age:</b> 4 mths – 18 mths &amp; 19 mths – 3 years.  Structured session.  Supervision of one parent to child is required.  Duration 30 mins.</p>	<ul style="list-style-type: none"> <li>• Swimasong activities are suitable for all as they are parent accompanied activities.</li> <li>• One to one sessions can be arranged with prior notification.</li> </ul>

<p><b>Swim Pups</b> Age: 3 months – 2 years &amp; 2 years – 4 years. Structured session. Supervision of one parent to child is required. Duration 30 mins.</p>	<ul style="list-style-type: none"><li>• Swim Pups activities are suitable for all as they are parent accompanied activities.</li><li>• One to one sessions can be arranged with prior notification.</li></ul>
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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.