

Summer Holidays with HSV





Mini Medics



Mini Medics is a fun, hands-on First Aid and Defibrillation course for children.

The course is taught in a simple and child-friendly way, using clear language, hands-on activities and no confusing medical jargon. It's designed to be educational and practical while respecting each child's confidence and ability. Most importantly, it helps children understand how they can safely and kindly help someone who is injured or unwell.

What your little medic will learn:

- Basic First Aid awareness
- CPR life-saving skills
- How to safely use a defibrillator
- How to help someone who is poorly or injured
- How to stay calm, feel confident, and ready to help in an emergency



**Contact
us today
to find
out more:**





Swim Crash Courses at HSV

27th - 31st July | 3rd - 7th August

	Time	Price
Ducklings	9:25am - 9:55am	£80*
Stage 1	9:15am - 9:55am	£90*
Stage 1 - 2 Age 8 - 10	10:00am - 10:40am	
Stage 2	10:00am - 10:40am	
Stage 3	10:00am - 10:40am	
Stage 4	10:45am - 11:30am	
Stage 5	10:45am - 11:30am	
Stage 6 +	10:45am - 11:30am	

*Price per week

Masterclasses

Alongside our regular Swim Crash Courses this May Half Term, we're running **30 minute** skills sessions for swimmers at Stage 4+ at only **£10 per session.**



Spaces limited! Book early to secure your child's place

	Time	Price
Monday	Diving	£10
Tuesday	Deep Water	
Wednesday	Diving	
Thursday	Butterfly & Backstroke	
Friday	Breaststroke & Frontcrawl	



Discover Climbing at HSV!

Climbing is much more than just reaching the top of the wall. It's a rewarding activity that challenges both body and mind, helping climbers of all ages develop skills that extend far beyond the climbing centre. Whether you're looking to learn something new, build confidence or simply have fun, there's a climbing experience for everyone at HSV.

Build Confidence

As climbers tackle new routes and challenges, they develop self-belief, resilience and a real sense of accomplishment.

Progress at Your Own Pace

With sessions suitable for different ages and abilities, climbers can develop their skills and set personal goals.

Develop Strength & Coordination

Climbing is a full-body workout that improves balance, flexibility, coordination and overall fitness.

Make Friends & Have Fun

It's a supportive and social activity that encourages teamwork, communication and shared achievement.

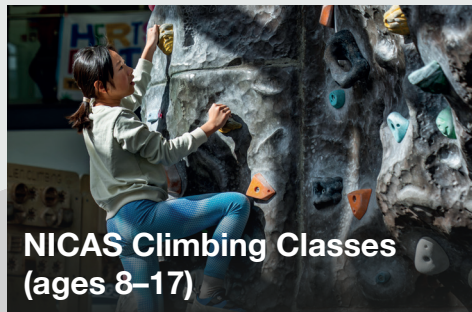
Enhance Problem-Solving Skills

Every route encourages climbers to think strategically, make decisions and adapt their approach.

A Sport for Life

Stay active without the pressure of team sports or scores. Learn, improve and have fun, whatever your ability.

A Climbing Experience for Everyone



NICAS Climbing Classes (ages 8–17)

NICAS classes help young climbers develop their skills and confidence while working towards nationally recognised awards. Suitable for beginners and experienced climbers.



Adult Learn to Climb

Our adult sessions provide a friendly introduction to indoor climbing, helping you build confidence on the wall while learning essential techniques and safety skills.



Holiday Climbing Sessions

Keep children active during the school holidays with fun, instructor-led climbing sessions. A great way to burn off energy, make new friends and try something different.



Taster Sessions

Perfect for first-time climbers. These introductory sessions offer a fun and exciting opportunity to experience climbing, challenge yourself and discover a new hobby.



Scan the
QR code
to find out
more