






Swim School Timetable for Swimming & Aquatic Lessons 2018

| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|------------------------|------------------------|------------------------|--|--|---|
| Water Babes (4-18mths) <i>Teaching Pool</i> |  | 1100-1130 | 1100-1130 | 1100-1130 | 1100-1130 |  the asa swim for life Affiliated Provider | |
| Water Tots (18mths -3 yrs) <i>Teaching & Leisure Pool</i> | 1500-1530 | 1130-1200 | 1130-1200 | 1130-1200 | 1130-1200 | |  |
| Duckling 2.5 - 5 years <i>Teaching & Leisure Pool</i> | 0930-1000 | 0930-1000 1400-1430 | 0930-1000 | 0930-1000 1330-1430 | 0930-1000 | 0830- 1000 | 0800-0830 |
| Tadpoles 4-5 years <i>Teaching Pool</i> | 10:30-11:00 or 1100-1130 1530-1600 1730-1800 | 1700-1800 | 1530-1600 1730-1800 | 1700-1730 | 1530-1600 | 1100-1200 | 0830-0900 |
| Stages 1 & 2 <i>Teaching Pool</i> | 1600-1830 | 1600-1830 | 1600-1800 | 1600-1800 | 1600-1700 | 0900-1300 | 08:30-9:00 0900-1000 |
| Stages 3-7 <i>Fitness Pool</i> | 1600-1700 | 1600-1700 | 1600-1700 | 1600-1700 | 1600-1700 | 0900-1200 | |
| Stroke Devel/ Comp Swim Stage 8 Stages 9 & 10 <i>Fitness Pool</i> | 1600-1700 | 1600-1700 | 1600-1700 | 1600-1700 |  1600-1700 | 0900-1000 | 1200-1300 |
| Flip & Fun Introduction to Diving <i>Dive Pit</i> |  ZOGGS The Fun Swim Co. | | | | | 1000-1100 | |

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|--|------------------------|---------|------------------------|-----------|-----------|-----------|-----------|
| Pre-Comp <i>Dive Pit</i> | | | 1700-1800 | | | 1100-1200 | |
| Fit & Fun <i>Fitness Pool & Dive Pit</i> | | | | | 1700-1800 | 1200-1300 | |
| Rookie Lifeguard Bronze & Silver | | | | | | | 1700-1800 |
| Silver & Gold <i>Fitness Pool</i> | | | | | | | 1800-1900 |
| Adult Beginner <i>Teaching Pool</i> | 0930-1030 2000-2100 | | 1430-1530 1900-2000 | | | | |
| Adult Improver <i>Fitness Pool</i> | 0930-1030 | | 1430-1530 2000-2100 | | | | |
| Adult Advanced <i>Fitness Pool</i> | 0930-1030 | | 1430-1530 2000-2100 | | | | |
| Swim4Fitness <i>Fitness Pool with a Coach</i> | | | | 1930-2030 | | | |



Teenage Beginners may be booked onto Adult Beginner lessons and charged at the Advanced Aquatics Programme rates.

Water Babes, Water Tots, Duckling, Tadpoles & Stages 1-7 are for 30 minute duration and are on the standard lesson price band.

Stages 8-10, Flip & Fun Diving, Pre-Comp, Fit & Fun and Rookie Lifeguard are for 60 minute duration and are on the Advanced Aquatics Programme price band.

Adult lessons are for 60 minute duration and on the Adult price band.

Swim4Fitness is Pay as You Go



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