





Swim School Timetable for Swimming & Aquatic Lessons 2019



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Babes (4-18mths) Teaching Pool		1100-1130	1100-1130	1100-1130	1130-1200	 the asa swim for life Affiliated Provider	
Water Tots (18mths - 3 yrs) Teaching & Leisure Pool	1500-1530	1130-1200	1130-1200	1130-1200	1200-1230		
Duckling 2.5 - 5 years Teaching & Leisure Pool	0930-1000	0930-1000 1400-1430	0930-1000	0930-1000 1330-1430	0930-1000	0830-1000	0800-0830
Tadpoles 4-5 years Teaching Pool	10:30-11:00 or 1130-1200 1530-1600 1730-1800	1700-1800	1530-1600 1730-1800	1700-1730	1530-1600	1100-1200	0830-0900
Stages 1 & 2 Teaching Pool	1600-1830	1600-1830	1600-1800	1600-1800	1600-1700	0900-1300	08:30-9:00 0900-1000
Stages 3-7 Fitness Pool	1600-1700	1600-1700	1600-1700	1600-1700	1600-1700	0900-1200	
Stroke Devel/ Comp Swim Stage 8 Stages 9 & 10 Fitness Pool	1600-1700	1600-1700	1600-1700	1600-1700	 1600-1700	0900-1000 1200-1300	
Flip & Fun Introduction to Diving Dive Pit	 ZOGGS The Fun Swim Co.					1000-1100	

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.

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