



Swimming Lessons Timetable for Swimming & Aquatic Lessons 2021



leisure world

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Babes (4mnths-18mnths) Teaching Pool			1100-1130	1100-1130	1100-1130	 Following the Swim England Learn to Swim Programme	
Water Tots (18mnths-3 years) Teaching Pool		1130-1200	1130-1200	1130-1200	1130-1200		
Duckling 2.5 - 5 years Leisure Pool	0930-1000	0930-1000	0930-1000	0930-1000 1330-1430	0930-1000	0800- 1000	
Tadpoles 4-5 years Teaching Pool	10:30-11:00 1530-1600 1730-1800	1100-1130 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	1600-1830	1600-1700	0900-1300	08:00-10:00
Stages 3-7 Fitness Pool	1550-1650	1550-1650	1600-1700	1550-1650	1550-1650	0900-1200	
Stage 8 Dive Pit	1550-1650		1600-1700		1550-1650	0900-1000 1100-1200	
Swim Challenge Dive Pit/ Fitness Pool		1550-1650	1700-1800	1550-1650	1650-1750 (lengths)	1000-1100	
Stages 9 & 10 Fitness Pool						1200-1300 (lengths)	
 Swim England Qualifications					Approved Training Centre		

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intro- duction to Diving <i>Dive Pit</i>							1630-1730 1730-1830
Rookie Lifeguard Bronze & Silver						1200-1300	1630-1730
Silver & Gold <i>Fitness Pool</i>							1730-1830
Adult Beginner <i>Teaching Pool</i>	0930-1030 2000-2100		1430-1530 1855-1955				
Adult Improver <i>Fitness Pool</i>	0930-1030 1900-2000		1430-1530 1955-2055				
Adult Advanced <i>Fitness Pool</i>	0930-1030		1430-1530 1955-2055				
Swim4Fitness <i>Fitness Pool with a Coach</i>				2000-2100			



Water Babes, Water Tots, Duckling, Tadpoles & Stages 1-7 are for 30-minute duration (25-minute under COVID-19 regulations) and are on the Standard Lesson price band.

Stages 8-10, Swim Challenge, Diving 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.

Teenage learners may be booked onto Beginner, Improver & Advanced Adult Lessons

Swim4Fitness is Pay as You Go, further details at: [Swim4Fitness | Colchester Leisure World](#)

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