



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



Learn to Swim Programme

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

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 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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