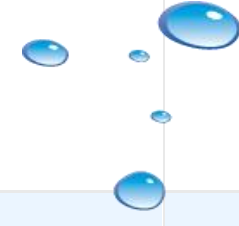






Swim School Timetable for Swimming & Aquatic Lessons 2020

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Babes (4-18mths) Teaching Pool			1100-1130	1100-1130	1100-1130	 the asa swim for life Affiliated Provider	
Water Tots (18mths -3 yrs) Teaching & Leisure Pool	1500-1530	1130-1200	1130-1200	1130-1200			
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 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	1600-1800	1600-1700	0900-1300	08:30-9:00 0900-1000
Stages 3-7 Fitness Pool	1550-1650	1550-1650	1600-1700	1550-1650	1550-1650	0900-1200	
Swim Stage 8 Fitness Pool	1550-1650		1600-1700		1550-1650	0900-1000 1100-1200	
Swim Challenge Fitness Pool		1550-1650	1700-1800	1550-1650	1650-1750 (lengths)	1000-1100	
Stages 9 & 10 Fitness Pool						1200-1300	
 ZOGGS The Fun Swim Co.							

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



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, 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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