Swim School Timetable for Swimming & Aquatic lessons 2013/2014

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Babes (3-18mnths) *Teaching Pool*	1430-1500	1100-1130	1100-1130	1100-1130	1100-1130 1430-1500		
Water Tots (18mnths -3 yrs) *Teaching & Leisure Pool*	1500-1530	1130-1200	1130-1200	1130-1200	0900-930 1130-1200 1400-1430		
Duckling 2.5 - 5 years *Teaching & Leisure Pool*	0930-1000 1100-1130 1330-1400	0930-1000 1400-1430	0930-1000 1400-1430	0930-1000 1400-1430	0930-1000 1400-1500	0830-1000	0800-0830
Tadpoles 4-5 years *Teaching Pool*	1530-1600	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	0900-1000
Stage 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			 1930-2030		
Flip n Fun (Stages 8-10) & **Diving Level 1 & 2** *Dive Pit*						1000-1100	

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Diving Level 2 upwards *Dive Pit*						1100-1200	
Pre-Comp *Dive Pit*		1600-1700	1800-1900	1600-1700		1000-1100	
Water Skills Club *Fitness Pool & Dive Pit*					1930-2030		
Multi-Award Winning Rookie Lifeguard Bronze & Silver Silver & Gold *Fitness Pool*							1700-1800 1800-1900
Adult Beginner *Teaching Pool*	0930-1030 2000-2100		1430-1530 2000-2100				
Adult Improver *Fitness Pool*	0930-1030		1430-1530 2100-2200				
Adult Advanced *Fitness Pool*	0930-1030		1430-1530 2100-2200				

An ASA Approved Centre

Teenage Beginners can 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, Water Skills Club 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