



**SWIMMING**

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Pool	£
Monday	16:00 - 16:30	ASA Swim Stage 3	All Levels	Main Pool	£
Monday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Pool	£
Monday	16:30 - 17:00	ASA Swim Stage 4	All Levels	Main Pool	£
Monday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Main Pool	£
Monday	17:30 - 18:00	ASA Swim Stage 6	All Levels	Main Pool	£
Monday	18:00 - 19:00	Swim Squads	All Levels	Pool	£
Tuesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Pool	£
Tuesday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Main Pool	£
Tuesday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Pool	£
Tuesday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Pool	£
Tuesday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Main Pool	£
Tuesday	17:30 - 18:15	ASA Swim Stage 7	All Levels	Main Pool	£
Tuesday	18:15 - 19:15	Swim Squads	All Levels	Main Pool	£
Wednesday	16:00 - 16:30	ASA Swim Stage 1	All Levels	Pool	£
Wednesday	16:00 - 16:30	ASA Swim Stage 2	All Levels	Main Pool	£
Wednesday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Main Pool	£
Wednesday	16:30 - 17:00	ASA Swim Stage 4	All Levels	Pool	£
Wednesday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Main Pool	£
Wednesday	17:00 - 17:30	ASA Swim Stage 6	All Levels	Pool	£
Wednesday	17:30 - 18:30	Swim Squads	All Levels	Main Pool	£
Thursday	16:00 - 16:30	ASA Swim Stage 2	All Levels	Main Pool	£
Thursday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Pool	£
Thursday	16:30 - 17:00	ASA Swim Stage 4	All Levels	Main Pool	£
Thursday	17:00 - 17:30	ASA Swim Stage 5	All Levels	Main Pool	£
Thursday	17:00 - 17:30	ASA Swim Stage 6	All Levels	Pool	£
Thursday	17:30 - 18:15	ASA Swim Stage 7	All Levels	Main Pool	£
Thursday	18:15 - 19:15	Swim Squads	All Levels	Pool	£
Friday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Main Pool	£
Friday	17:30 - 18:00	ASA Swim Stage 5	All Levels	Main Pool	£
Friday	18:00 - 18:45	Rookie Lifeguard - ASA Stage 10	All Levels	Main Pool	£
Saturday	09:15 - 10:00	ASA Swim Stage 7	All Levels	Main Pool	£
Saturday	10:00 - 10:30	ASA Swim Stage 5	All Levels	Main Pool	£
Saturday	10:30 - 11:00	ASA Swim Stage 1	All Levels	Pool	£
Saturday	11:00 - 11:30	ASA Swim Stage 2	All Levels	Main Pool	£
Saturday	11:30 - 12:00	ASA Swim Stage 3	All Levels	Main Pool	£
Sunday	09:30 - 10:00	ASA Swim Stage 2	All Levels	Main Pool	£
Sunday	10:00 - 10:30	ASA Swim Stage 3	All Levels	Main Pool	£
Sunday	10:30 - 11:00	ASA Swim Stage 6	All Levels	Main Pool	£
Sunday	11:00 - 11:30	ASA Swim Stage 4	All Levels	Main Pool	£

**ALLSTARS SWIM COACHING PROGRAMME**

Our ASA endorsed All Stars Swim Programme is a high quality progressive coaching programme providing skill, development, fun, fitness and social interaction for children.

**KEY**

- £ Additional fee for this class
- \* Adult class coincides with children's activity
- PP Pay Pro
- PR Pay Reception
- CL Class
- CO Course

