

SWIMMING

| DAY | TIME | ACTIVITY | LOCATION | AGE / LEVEL | KEY |
|-----------|---------------|--------------------------------|---------------------|-------------|-----|
| Monday | 09.10 - 10.30 | Pre School Stage 1 | Pool | | £ |
| Monday | 10.30 - 11.00 | Parent and child | Pool | | £ |
| Monday | 11.00 - 12.30 | Pre School Stage 1 | Pool | | £ |
| Monday | 13.30 - 14.50 | Pre School Stage 1 | Pool | | £ |
| Monday | 15.50 - 16.30 | Pre School Stage 1 | Pool | | £ |
| Monday | 16.30 - 16.50 | ASA Stage 1 | Pool | | £ |
| Monday | 16.50 - 17.50 | ASA Stage 5 | Pool | | £ |
| Monday | 17.20 - 17.40 | ASA Stage 1 | Pool | | £ |
| Monday | 17.40 - 18.00 | Pre School Stage 1 | Pool | | £ |
| Monday | 18.30 - 19.30 | Rookie Lifeguard - ASA Stage 9 | Meeting Room / Pool | | £ |
| | | | | | |
| Tuesday | 15.50 - 16.35 | Pre School Stage 1 | Pool | | £ |
| Tuesday | 16.10 - 16.30 | ASA Stage 1 | Pool | | £ |
| Tuesday | 16.35 - 17.05 | ASA Stage 1 | Pool | | £ |
| Tuesday | 16.30 - 17.35 | ASA Stage 2 | Pool | | £ |
| Tuesday | 17.00 - 17.30 | ASA Stage 3 | Pool | | £ |
| Tuesday | 17.30 - 18.00 | ASA Stage 5 | Pool | | £ |
| Tuesday | 17.35 - 18.05 | ASA Stage 7 | Pool | | £ |
| Tuesday | 18.00 - 18.30 | ASA Stage 3 | Pool | | £ |
| Tuesday | 18.05 - 18.30 | ASA Stage 2 | Pool | | £ |
| Tuesday | 18.30 - 20.00 | Swim Squads | Pool | | £ |
| | | | | | |
| Wednesday | 15.00 - 16.10 | Pre School Stage 1 | Pool | | £ |
| Wednesday | 16.00 - 16.30 | ASA Stage 1 | Pool | | £ |
| Wednesday | 16.20 - 17.20 | ASA Stage 2 | Pool | | £ |
| Wednesday | 17.00 - 18.00 | ASA Stage 4 | Pool | | £ |
| Wednesday | 17.20 - 17.50 | ASA Stage 3 | Pool | | £ |
| Wednesday | 17.50 - 18.20 | ASA Stage 4 | Pool | | £ |
| Wednesday | 18.20 - 18.50 | ASA Stage 5 | Pool | | £ |
| Wednesday | 18.50 - 20.00 | Swim Squads | Pool | | £ |
| | | | | | |
| Thursday | 09.30 - 10.30 | Pre School Stage 1 | Pool | | £ |
| Thursday | 10.30 - 11.00 | Parent and child | Pool | | £ |
| Thursday | 11.00 - 12.00 | Pre School Stage 1 | Pool | | £ |
| Thursday | 13.30 - 16.00 | Pre School Stage 1 | Pool | | £ |
| Thursday | 16.00 - 16.20 | ASA Stage 1 | Pool | | £ |
| Thursday | 16.20 - 16.50 | ASA Stage 2 | Pool | | £ |
| Thursday | 16.50 - 17.20 | ASA Stage 5 | Pool | | £ |
| Thursday | 17.20 - 17.40 | ASA Stage 2 | Pool | | £ |
| Thursday | 17.40 - 18.10 | ASA Stage 7 | Pool | | £ |
| Thursday | 18.10 - 18.40 | ASA Stage 4 | Pool | | £ |
| | | | | | |
| Friday | 09.40 - 10.20 | Pre School Stage 1 | Pool | | £ |
| Friday | 15.00 - 16.00 | Pre School Stage 1 | Pool | | £ |
| Friday | 16.00 - 16.20 | ASA Stage 1 | Pool | | £ |
| Friday | 16.20 - 16.50 | ASA Stage 2 | Pool | | £ |
| Friday | 17.20 - 17.50 | ASA Stage 3 | Pool | | £ |
| Friday | 17.50 - 18.20 | ASA Stage 4 | Pool | | £ |
| Friday | 18.20 - 19.20 | Swim Squads | Pool | | £ |
| | | | | | |
| Saturday | 09.00 - 10.00 | Rookie Lifeguard - ASA Stage 8 | Meeting Room / Pool | | £ |
| Saturday | 09.00 - 09.30 | ASA Stage 4 | 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 Fees for this class

P Classes require parental supervision at all times

* Child activities that coincide with adult classes

Swim and Tennis All Stars programmes run during term time only.

Please note that all classes on the programme for children under the age of three require parent/guardian supervision at all times - excluding the crèche, this service is chargeable.

