



**SWIMMING**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16.00 - 16.30	ASA Stage 3	Leisure Pool		£
Monday	16.30 - 17.00	ASA Stage 5	Training Pool		£
Monday	16.30 - 17.00	ASA Stage 1	Leisure Pool		£
Monday	17.00 - 17.30	ASA Stage 3	Leisure Pool		£
Monday	17.00 - 17.30	ASA Stage 6	Training Pool		£
Monday	17.30 - 18.00	ASA Stage 7	Training Pool		£
Monday	17.30 - 18.00	ASA Stage 5	Training Pool		£
Monday	18.00 - 18.30	ASA Stage 6	Training Pool		£
Monday	18.00 - 18.30	Rookie Lifeguard - ASA Stage 8	Training Pool		£
Monday	18.30-19.30	Swim Club	Training Pool		£
Tuesday	16.00 - 16.30	ASA Stage 1	Leisure Pool		£
Tuesday	16.30-17.00	ASA Stage 4	Training Pool		£
Tuesday	16.30 - 17.00	ASA Stage 5	Training Pool		£
Tuesday	17.00 - 17.30	ASA Stage 1	Leisure Pool		£
Tuesday	17.00 - 17.30	ASA Stage 6	Training Pool		£
Tuesday	17.30 - 18.00	ASA Stage 3	Leisure Pool		£
Tuesday	18.00 - 18.30	ASA Stage 5	Training Pool		£
Wednesday	10.00 - 10.30	Parent and child	Leisure Pool		£
Wednesday	10.30 - 11.00	ASA Stage 1	Leisure Pool		£
Wednesday	11.00 - 11.30	ASA Stage 1	Leisure Pool		£
Wednesday	11.30 - 12.00	ASA Stage 3	Leisure Pool		£
Wednesday	16.00 - 16.30	ASA Stage 1	Leisure Pool		£
Wednesday	16.30 - 17.00	ASA Stage 1	Leisure Pool		£
Wednesday	17.00 - 17.30	ASA Stage 3	Leisure Pool		£
Wednesday	17.30 - 18.00	ASA Stage 5	Training Pool		£
Wednesday	18.00 - 18.30	ASA Stage 6	Training Pool		£
Thursday	16.30 - 17.00	ASA Stage 1	Leisure Pool		£
Thursday	16.30 - 17.00	ASA Stage 6	Training Pool		£
Thursday	17.00 - 17.30	ASA Stage 3	Leisure Pool		£
Thursday	17.00 - 17.30	ASA Stage 5	Training Pool		£
Thursday	17.30 - 18.00	ASA Stage 4	Training Pool		£
Thursday	18.00 - 18.30	ASA Stage 7	Training Pool		£
Friday	09.30 - 10.00	Parent and child	Leisure Pool		£
Friday	10.00 - 10.30	ASA Stage 1	Leisure Pool		£
Friday	10.30 - 11.00	Parent and child	Leisure Pool		£
Friday	11.00 - 11.30	ASA Stage 1	Leisure Pool		£
Friday	11.30 - 12.00	ASA Stage 3	Leisure Pool		£
Friday	16.00 - 16.30	ASA Stage 4	Leisure Pool		£
Friday	16.30 - 17.00	ASA Stage 3	Leisure Pool		£
Friday	16.30 - 17.00	ASA Stage 4	Training pool		£
Friday	17.00 - 17.30	ASA Stage 1	Training Pool		£
Friday	17.00 - 17.30	ASA Stage 5	Training Pool		£
Friday	17.30 - 18.00	ASA Stage 5	Training Pool		£
Friday	17.30 - 18.00	ASA Stage 6	Training Pool		£
Friday	18.00 - 18.30	ASA Stage 7	Training Pool		£
Friday	18.00 - 18.30	Rookie Lifeguard - ASA Stage 8	Training Pool		£
Saturday	09.00 - 09.30	Parent and child	Leisure Pool		£
Saturday	09.00 - 09.30	ASA Stage 1	Leisure Pool		£
Saturday	10.00 - 10.30	ASA Stage 1	Leisure Pool		£
Saturday	10.00 - 10.30	ASA Stage 5	Training Pool		£
Saturday	10.30 - 11.00	ASA Stage 3	Leisure Pool		£
Saturday	10.30 - 11.00	ASA Stage 6	Training 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.



