

SWIMMING

DAY	TIME	ACTIVITY	AGE / LEVEL	LOCATION	KEY
Monday	10:00 - 10:20	Pre School Stage 1	All Levels	Ind Pool	£
Monday	10:20 - 10:40	Pre School Stage 1	All Levels	Ind Pool	£
Monday	10:40 - 11:00	Parent & Baby	All Levels	Pool	£
Monday	11:00 - 11:20	Pre School Stage 1	All Levels	Ind Pool	
Monday	11:20 - 11:50	Pre School Stage 1	All Levels	Ind Pool	
Monday	17:30 - 18:30	Swim Squads	All Levels	Ind Pool	£
Tuesday	10:00 - 10:20	Pre School Stage 1	All Levels	Ind Pool	
Tuesday	10:30 - 10:50	Pre School Stage 1	All Levels	Ind Pool	
Tuesday	16:30 - 17:00	ASA Swim Stage 3	All Levels	Main Pool	
Tuesday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Main Pool	
Tuesday	17:30 - 17:50	ASA Swim Stage 1	All Levels	Pool	
Tuesday	17:30 - 18:15	ASA Swim Stage 6	All Levels	Ind Pool	
Tuesday	18:30 - 19:30	Water Polo - ASA Stage 10	All Levels		
Wednesday	16:15 - 16:45	ASA Swim Stage 1	All Levels	Pool	
Wednesday	16:15 - 16:45	ASA Swim Stage 2	All Levels		
Wednesday	16:45 - 17:15	ASA Swim Stage 3	All Levels	Main Pool	
Wednesday	16:45 - 17:15	ASA Swim Stage 4	All Levels	Main Pool	
Wednesday	17:15 - 17:45	ASA Swim Stage 1	All Levels	Pool	
Wednesday	17:15 - 18:15	Rookie Lifeguard - ASA Stage 9	All Levels	Main Pool	
Wednesday	18:15 - 19:15	Rookie Lifeguard - ASA Stage 10	All Levels	Main Pool	
Thursday	10:00 - 10:20	Parent & Baby	All Levels	Pool	£
Thursday	16:00 - 16:30	ASA Swim Stage 4	All Levels	Main Pool	
Thursday	16:30 - 17:00	ASA Swim Stage 2	All Levels	Pool	
Thursday	17:00 - 17:30	ASA Swim Stage 4	All Levels	Main Pool	
Thursday	17:30 - 18:00	ASA Swim Stage 5	All Levels	Pool	
Thursday	18:00 - 18:45	ASA Swim Stage 6	All Levels	Main Pool	
Friday	16:15 - 16:45	ASA Swim Stage 1	All Levels	Pool	
Friday	16:20 - 16:50	ASA Swim Stage 1	All Levels	Pool	£
Friday	16:50 - 17:20	ASA Swim Stage 1	All Levels	Pool	
Friday	16:50 - 17:20	ASA Swim Stage 2	All Levels	Pool	
Friday	17:20 - 18:20	Swim Squads	All Levels	Ind Pool	
Friday	18:30 - 19:30	Swim Squads	All Levels	Ind Pool	
Saturday	09:30 - 10:00	ASA Swim Stage 1	All Levels	Pool	
Saturday	10:00 - 11:00	Rookie Lifeguard - ASA Stage 10	All Levels	Main Pool	
Saturday	11:00 - 11:30	ASA Swim Stage 3	All Levels	Main Pool	
Saturday	11:00 - 11:30	ASA Swim Stage 4	All Levels	Main Pool	
Saturday	11:30 - 12:00	ASA Swim Stage 1	All Levels	Pool	
Saturday	12:00 - 12:30	ASA Swim Stage 6	All Levels	Ind Pool	
Sunday	09:30 - 10:00	ASA Swim Stage 2	All Levels		
Sunday	09:30 - 10:00	Pre School Stage 1	All Levels	Ind Pool	
Sunday	10:00 - 10:30	ASA Swim Stage 3	All Levels	Main Pool	
Sunday	10:10 - 10:30	Parent & Baby	All Levels	Pool	£
Sunday	10:30 - 11:00	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

