



**SWIMMING**

DAY	TIME	ACTIVITY	LOCATION	AGE / LEVEL	KEY
Monday	16:00-16:30	Pre School Stage 1	Indoor Pool		
Monday	16:00-16:30	ASA Stage 4	Indoor Pool		
Monday	16:30-17:00	ASA Stage 5	Indoor Pool		
Monday	16:30-17:00	ASA Stage 2	Indoor Pool		
Monday	17:00-17:30	ASA Stage 6	Indoor Pool		
Monday	17:30-18:00	Swim Club	Indoor Pool		
Monday	18:00-19:30	Rookie Lifeguard - ASA Stage 10	Indoor Pool		
Tuesday	10:00-10:30	Pre School Stage 1	Indoor Pool		
Tuesday	16:00-16:30	ASA Stage 2	Indoor Pool		
Tuesday	16:30-17:00	ASA Stage 4	Indoor Pool		
Tuesday	17:00-17:30	ASA Stage 6	Indoor Pool		
Wednesday	11:00-11:30	Pre School Stage 1	Indoor Pool		
Wednesday	16:00-16:30	ASA Stage 2	Indoor Pool		
Wednesday	16:30-17:00	ASA Stage 4	Indoor Pool		
Wednesday	18:00-18:45	Swim Club	Indoor Pool		
Thursday	10:00-10:30	Parent and child	Indoor Pool		
Thursday	16:00-16:30	ASA Stage 2	Indoor Pool		
Thursday	16:30-17:00	ASA Stage 4	Indoor Pool		
Thursday	17:00-17:30	ASA Stage 7	Indoor Pool		
Thursday	17:00-17:30	Swim Club	Indoor Pool		
Thursday	17:30-19:00	Rookie Lifeguard - ASA Stage 10	Indoor Pool		
Friday	10:00-10:30	Parent and child	Indoor Pool		
Friday	10:30-11:00	Pre School Stage 1	Indoor Pool		
Friday	11:00-11:30	ASA Stage 2	Indoor Pool		
Friday	16:00-16:30	ASA Stage 2	Indoor Pool		
Friday	16:30-17:00	ASA Stage 4	Indoor Pool		
Friday	17:00-17:45	Swim Club	Indoor Pool		
Saturday	10:00-10:30	ASA Stage 2	Indoor Pool		
Saturday	10:30-11:00	ASA Stage 4	Indoor Pool		
Saturday	11:00-11:30	ASA Stage 7	Indoor Pool		
Saturday	11:30-12:00	ASA Stage 5	Indoor Pool		
Sunday	09:00-09:30	Parent and child	Indoor Pool		
Sunday	09:30-10:00	Pre School Stage 1	Indoor Pool		
Sunday	10:00-10:30	ASA Stage 2	Indoor Pool		
Sunday	10:30-11:00	ASA Stage 4	Indoor 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.

