

# School Years Swimming Lessons

From only **£4.55** per week



## WEEKLY TIMETABLE

### Monday 6th September – 13th December (14 Weeks) No lessons 25th October - Half Term

Stage 2	3.45 – 4.15pm	Tara Goom	Stage 5	4.15 – 4.45pm	Sherre Norris	Stage 3	5.15 – 5.45pm	Dominique Aitchison
Stage 2	3.45 – 4.15pm	Sharon Mayall	Stage 7	4.15 – 4.45pm	Paul Oliver	Stage 3	5.15 – 5.45pm	Sharon Mayall
Stage 3	3.45 – 4.15pm	Dominique Aitchison	Stage 9	4.15 – 4.45pm	Sarah Park	Stage 4	5.15 – 5.45pm	Sarah Holleran
Stage 4	3.45 – 4.15pm	Sarah Holleran	Stage 2	4.45 – 5.15pm	Tara Goom	Stage 5	5.15 – 5.45pm	Sherre Norris
Stage 6	3.45 – 4.15pm	Sherre Norris	Stage 2	4.45 – 5.15pm	Dominique Aitchison	Stage 7	5.15 – 5.45pm	Paul Oliver
Stage 5	3.45 – 4.15pm	Paul Oliver	Stage 3	4.45 – 5.15pm	Sharon Mayall	Stage 9	5.15 – 5.45pm	Sarah Park
Stage 8	3.45 – 4.15pm	Sarah Park	Stage 4	4.45 – 5.15pm	Sarah Holleran	Stage 4	5.45 – 6.15pm	Sarah Holleran
Stage 2	4.15 – 4.45pm	Dominique Aitchison	Stage 5	4.45 – 5.15pm	Sherre Norris	Stage 2	5.45 – 6.15pm	Dominique Aitchison
Stage 2	4.15 – 4.45pm	Sharon Mayall	Stage 6	4.45 – 5.15pm	Paul Oliver	Stage 3	5.45 – 6.15pm	Tara Goom
Stage 3	4.15 – 4.45pm	Tara Goom	Swim Fit	4.45 – 5.15pm	Sarah Park	Stage 2	5.45 – 6.15pm	Sharon Mayall
Stage 4	4.15 – 4.45pm	Sarah Holleran	Stage 2	5.15 – 5.45pm	Tara Goom			

### Tuesday 7th September – 14th December (14 Weeks) No lessons 26th October - Half Term

Stage 2	3.45 – 4.15pm	Angela Medley	Stage 8	4.15 – 4.45pm	Bobby Storrie	Stage 4	5.15 – 5.45pm	Cathy Naylor
Stage 2	3.45 – 4.15pm	Annette Roycroft	Stage 2	4.45 – 5.15pm	Angela Medley	Stage 5	5.15 – 5.45pm	Sue Skinner
Stage 3	3.45 – 4.15pm	Cathy Naylor	Stage 2	4.45 – 5.15pm	Annette Roycroft	Stage 8	5.15 – 5.45pm	Charlotte Roberts
Stage 4	3.45 – 4.15pm	Charlotte Roberts	Stage 3	4.45 – 5.15pm	Dee Seabrook	Stage 6	5.15 – 5.45pm	Bobby Storrie
Stage 8	3.45 – 4.15pm	Sue Skinner	Stage 4	4.45 – 5.15pm	Cathy Naylor	Stage 3	5.45 – 6.15pm	Annette Roycroft
Stage 2	4.15 – 4.45pm	Dee Seabrook	Stage 7	4.45 – 5.15pm	Charlotte Roberts	Stage 2	5.45 – 6.15pm	Angela Medley
Stage 2	4.15 – 4.45pm	Annette Roycroft	Stage 6	4.45 – 5.15pm	Sue Skinner	Stage 2	5.45 – 6.15pm	Cathy Naylor
Stage 3	4.15 – 4.45pm	Angela Medley	Stage 9	4.45 – 5.15pm	Bobby Storrie	Stage 4	5.45 – 6.15pm	Bobby Storrie
Stage 5	4.15 – 4.45pm	Sue Skinner	Stage 2	5.15 – 5.45pm	Annette Roycroft			
Stage 4	4.15 – 4.45pm	Cathy Naylor	Stage 3	5.15 – 5.45pm	Angela Medley			
Stage 7	4.15 – 4.45pm	Charlotte Roberts	Stage 3	5.15 – 5.45pm	Dee Seabrook			

### Wednesday 8th September – 15th December (14 Weeks) No lessons 27th October - Half Term

Stage 2	3.45 – 4.15pm	Annette Roycroft	Stage 5	4.15 – 4.45pm	Julie Shirley	Stage 3	5.15 – 5.45pm	Maggie Greco
Stage 2	3.45 – 4.15pm	Tara Goom	Stage 8	4.15 – 4.45pm	Sherre Norris	Stage 4	5.15 – 5.45pm	Bobby Storrie
Stage 3	3.45 – 4.15pm	Maggie Greco	Stage 2	4.45 – 5.15pm	Annette Roycroft	Stage 5	5.15 – 5.45pm	Julie Shirley
Stage 4	3.45 – 4.15pm	Bobby Storrie	Stage 2	4.45 – 5.15pm	Maggie Greco	Stage 9	5.15 – 5.45pm	Anne Craven
Stage 5	3.45 – 4.15pm	Julie Shirley	Stage 3	4.45 – 5.15pm	Tara Goom	Stage 8	5.15 – 5.45pm	Sherre Norris
Stage 6	3.45 – 4.15pm	Sherre Norris	Stage 4	4.45 – 5.15pm	Bobby Storrie	Stage 2	5.45 – 6.15pm	Tara Goom
Stage 2	4.15 – 4.45pm	Annette Roycroft	Stage 5	4.45 – 5.15pm	Julie Shirley	Stage 2(8+ yrs) (SP)	5.45 – 6.15pm	Annette Roycroft
Stage 2	4.15 – 4.45pm	Tara Goom	Stage 6	4.45 – 5.15pm	Anne Craven	Stage 2	5.45 – 6.15pm	Maggie Greco
Stage 3	4.15 – 4.45pm	Maggie Greco	Stage 9	4.45 – 5.15pm	Sherre Norris	Stage 3	5.45 – 6.15pm	Anne Craven
Stage 4	4.15 – 4.45pm	Bobby Storrie	Stage 2	5.15 – 5.45pm	Tara Goom			
Stage 7	4.15 – 4.45pm	Anne Craven	Stage 3	5.15 – 5.45pm	Annette Roycroft			

### Thursday 9th September – 16th December (14 Weeks) No lessons 28th October - Half Term

Stage 2	3.45 – 4.15pm	Rachel Barry	Stage 8	4.15 – 4.45pm	Anne Craven	Stage 4	5.15 – 5.45pm	TBA
Stage 2	3.45 – 4.15pm	Sarah Park	Stage 2	4.45 – 5.15pm	Charlotte Roberts	Stage 5	5.15 – 5.45pm	Bobby Storrie
Stage 3	3.45 – 4.15pm	TBA	Stage 2	4.45 – 5.15pm	Sarah Park	Stage 6	5.15 – 5.45pm	Anne Craven
Stage 4	3.45 – 4.15pm	Charlotte Roberts	Stage 3	4.45 – 5.15pm	Rachel Barry	Stage 8	5.15 – 5.45pm	Liz Goodall
Stage 5	3.45 – 4.15pm	Bobby Storrie	Stage 4	4.45 – 5.15pm	TBA	Stage 2	5.45 – 6.15pm	Sarah Park
Stage 2	4.15 – 4.45pm	Rachel Barry	Stage 5	4.45 – 5.15pm	Bobby Storrie	Stage 2	5.45 – 6.15pm	TBA
Stage 2	4.15 – 4.45pm	Sarah Park	Stage 7	4.45 – 5.15pm	Liz Goodall	Stage 3 (8+ yrs)	5.45 – 6.15pm	Liz Goodall
Stage 3	4.15 – 4.45pm	TBA	Stage 9	4.45 – 5.15pm	Anne Craven	Stage 2	5.45 – 6.15pm	Rachel Barry
Stage 4	4.15 – 4.45pm	Charlotte Roberts	Stage 3	5.15 – 5.45pm	Sarah Park			
Stage 5	4.15 – 4.45pm	Bobby Storrie	Stage 3	5.15 – 5.45pm	Charlotte Roberts			
Stage 6	4.15 – 4.45pm	Liz Goodall	Stage 2	5.15 – 5.45pm	Rachel Barry			

### Friday 10th September – 17th December (14 Weeks) No lessons 29th October - Half Term

Stage 2	3.45 – 4.15pm	TBA	Stage 8	4.15 – 4.45pm	Sarah Park	Stage 4	5.15 – 5.45pm	Tara Goom
Pre school 2	3.45 – 4.15pm	Ann McGrath	Stage 2	4.45 – 5.15pm	TBA	Stage 7	5.15 – 5.45pm	Ruth Evans
Stage 3	3.45 – 4.15pm	Charlotte Roberts	Stage 2	4.45 – 5.15pm	Ann McGrath	Stage 9	5.15 – 5.45pm	Bobby Storrie
Stage 4	3.45 – 4.15pm	Tara Goom	Stage 3	4.45 – 5.15pm	Charlotte Roberts	Stage 5	5.15 – 5.45pm	Sarah Park
Stage 6	3.45 – 4.15pm	Sarah Park	Stage 4	4.45 – 5.15pm	Tara Goom	Stage 4	5.45 – 6.15pm	Tara Goom
Stage 2	4.15 – 4.45pm	TBA	Stage 5	4.45 – 5.15pm	Ruth Evans	Stage 2	5.45 – 6.15pm	Ann McGrath
Stage 3	4.15 – 4.45pm	Ann McGrath	Stage 6	4.45 – 5.15pm	Bobby Storrie	Stage 3	5.45 – 6.15pm	TBA
Stage 3	4.15 – 4.45pm	Charlotte Roberts	Swim Fit	4.45 – 5.15pm	Sarah Park			
Stage 4	4.15 – 4.45pm	Tara Goom	Stage 2	5.15 – 5.45pm	TBA			
Stage 5	4.15 – 4.45pm	Ruth Evans	Stage 3	5.15 – 5.45pm	Ann McGrath			
Stage 7	4.15 – 4.45pm	Bobby Storrie	Stage 2	5.15 – 5.45pm	Charlotte Roberts			

### Saturday 11th September – 18th December (14 Weeks) No lessons 30th October - Half Term

Stage 2	8.00 – 8.30am	Tom Richardson	Stage 8	8.30 – 9.00am	Liz Goodall	Stage 3	9.30 – 10.00am	Tom Richardson
Stage 5	8.00 – 8.30am	Liz Goodall	Stage 2	9.00 – 9.30am	Lisa Clark	Stage 4	9.30 – 10.00am	Jo Sands
Stage 6	8.00 – 8.30am	Ruth Trach	Stage 2	9.00 – 9.30am	Tom Richardson	Stage 5	9.30 – 10.00am	Ruth Trach
Stage 7	8.00 – 8.30am	Susan Skinner	Stage 3	9.00 – 9.30am	Michelle Moberly	Stage 6	9.30 – 10.00am	Susan Skinner
Stage 2	8.30 – 9.00am	Michelle Moberly	Stage 4	9.00 – 9.30am	Jo Sands	Stage 9	9.30 – 10.00am	Liz Goodall
Stage 3	8.30 – 9.00am	Jo Sands	Stage 5	9.00 – 9.30am	Ruth Trach	Stage 5	10.00 – 10.30am	Susan Skinner
Stage 3	8.30 – 9.00am	Tom Richardson	Stage 7	9.00 – 9.30am	Susan Skinner	Swim Fit	10.00 – 10.30am	Liz Goodall
Stage 4	8.30 – 9.00am	Lisa Clark	Stage 8	9.00 – 9.30am	Liz Goodall			
Stage 5	8.30 – 9.00am	Ruth Trach	Stage 2	9.30 – 10.00am	Michelle Moberly			
Stage 7	8.30 – 9.00am	Susan Skinner	Stage 3	9.30 – 10.00am	Lisa Clark			

### Sunday 12th September – 19th December (14 Weeks) No lessons 31st October - Half Term

Stage 2	8.00 – 8.30am	Tom Richardson	Stage 2	9.00 – 9.30am	Katie Laker	Stage 3	9.30 – 10.00am	Steph Shane
Stage 3 (SP)	8.00 – 8.30am	Scott Benham	Stage 3	9.00 – 9.30am	Tom Richardson	Stage 4	9.30 – 10.00am	Katie Laker
Stage 5	8.00 – 8.30am	Tara Goom	Stage 4	9.00 – 9.30am	Steph Shane	Stage 7	9.30 – 10.00am	Brigitte Fung
Stage 2	8.30 – 9.00am	Tom Richardson	Stage 6	9.00 – 9.30am	Tara Goom	Stage 8	9.30 – 10.00am	Tara Goom
Stage 3	8.30 – 9.00am	Katie Laker	Stage 5	9.00 – 9.30am	Brigitte Fung	Stage 6	10.00 – 10.30am	Tara Goom
Stage 4	8.30 – 9.00am	Scott Benham	Stage 2	9.30 – 10.00am	Tom Richardson	Stage 9	10.00 – 10.30am	Brigitte Fung
Stage 7	8.30 – 9.00am	Tara Goom	Stage 2	9.30 – 10.00am	Scott Benham			

## Enrol Now!

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### Junior Courses (4+ years)

The junior swim lessons are for children 4 years and over. Our swimming lesson programme runs in stages allowing your child to become competent, confident and safe in the water. At each of the stages, children will be working to achieve the ASA National Plan Awards and progress through onto the next stage.

**Stage 2** – Incorporates Stage 1 - For children who are unable to swim one width on their backs and fronts confidently. Develops basic safety awareness, movement skills and water confidence. Includes safe entries into the water, jumping in, floating, independent travel and rotation unaided to regain upright positions. Swimmers may use aids which will be reduced as they progress and gain confidence.

**Stage 2** (8+ yrs) – A class especially for those aged eight and over who are unable to swim one width on their backs and fronts confidently in basic paddle.

**Stage 3** – For children who can confidently swim one width of the teaching pool unaided on their front and back and are water confident. They will develop skill techniques in the main strokes, safe entries including submersion, progress rotation skills and water safety knowledge.

**Stage 3** (8+ yrs) – A class especially for those aged eight and over who can confidently swim one width of the teaching pool unaided on their front and back and are water confident.

**Stage 4** – In the Splash Pool - for children who can swim ten metres showing basic skills in front crawl, backstroke and breaststroke. They will develop the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and developing technique and stamina.

**Stage 5** – For children who can swim half a length of the main pool in basic front crawl, backstroke and breaststroke. Course includes introduction to sculling, treading water and somersaults as well as progressing stroke and stamina development.

**Stage 6** – For children who can swim one length front crawl, backstroke and breaststroke. They will develop effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise. Stroke development continues with stamina being improved.

**Stage 7** – For children who can swim two lengths front crawl, backstroke and breaststroke. Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop starts (diving) and turns. Combines a variety of skills accomplished throughout stages 1 – 7.

**Stage 8** – For children who can swim 100 metres on all three strokes confidently and consistently. Continues to improve stroke technique and stamina, development of starts (diving) and turns and introduction of timed sets.

**Stage 9** – For children who can swim 200 metres on all three strokes confidently and consistently. Timed sets incorporating turns learnt previously. Development of stamina and starts for all four strokes.

**Junior Swim Fit** – For those children who are aged nine and above who have completed Stage 7 of the new National Plan Awards or Level 10 of the previous National Swim Awards. Focuses on fitness, involves swimming lengths to develop stamina and drills to give stroke correction. Other areas covered include personal survival and challenge swimming awards.

**Swim Fit Open Session** – (For swimmers able to swim 100 metres in 3 basic strokes) For Adults & Juniors (age 9 and above) every Sunday 8.00 – 9.00am. Swimming sessions focusing on improving stamina and general fitness including basic stroke correction.

### Course Fees

14 week term **£63.70**

No lessons during Half Term:  
Monday 25th October - Sunday 31st October.  
For booking details please contact Customer Service

### Swim Fit open Session

Sunday 8.00 – 9.00am  
This is a 'Pay as You Go' open session.

Adults **£4.80**

Juniors **£3.80**

### Private Swimming Lessons

Learn to swim or improve your swimming strokes and skills whatever your ability.

One pupil to one teacher **£16.75**  
for 30min.

Two pupils to one teacher **£24.25**  
for 30min.

Book and pay for a block of 5 private lessons in advance and you will get the 6th lesson free.  
Please contact Bobby Storrie – Swimming Administration on (01202) 436800 for more details.



Bournemouth Swimming Academy also offer swimming lessons at Moordown St. John's Primary School pool. See Page 5 for more details.