

# Junior Swimming Lessons



The following courses are for children aged 4 years and above

(TP) = Teaching Pool (MP) = Main Pool

- Stage 2 (TP)** For school aged children unable to swim 5 metres on both their fronts and backs
- Stage 3 (TP)** For children who can swim 5 metres on their front and back and are water confident
- Stage 4 (MP)** For children who can swim 10 metres showing basic skills in front crawl, backstroke and breaststroke
- Stage 5 (MP)** For children who can swim 15 metres with good technique in front crawl, backstroke and breaststroke
- Stage 6 (MP)** For children who can swim one length of the main pool in front crawl, backstroke and breaststroke and basic skills in butterfly showing good technique
- Stage 7 (MP)** For children who can swim 2 lengths showing good technique in front crawl, backstroke and breaststroke and basic skills in butterfly
- Stage 8 (MP)** For children who can swim 4 lengths in all three strokes and show good technique in butterfly
- Stage 9 (MP)** For children who can swim 8 lengths in all three strokes confidently and consistently
- Swim Fit (MP)** For children who are aged 9+ yrs and have completed stage 7 of the new National Teaching Plan Awards or Level 10 of the previous National Swim Awards

## MONDAY

15:45-16:15	Stage 2	Sadie Howes
15:45-16:15	Stage 3	Ruth Marshall
16:00-16:30	Stage 6	Sarah King
16:00-16:30	Stage 4	Sam Parker
16:15-16:45	Stage 3	Sadie Howes
16:15-16:45	Stage 2	Ruth Marshall
16:30-17:00	Stage 5	Sarah King
16:30-17:00	Stage 4	Sam Parker
16:45-17:15	Stage 2	Ruth Marshall
16:45-17:15	Stage 2	Sadie Howes
17:00-17:30	Stage 4	Sam Parker
17:00-17:30	Stage 9	Sarah King
17:15-17:45	Stage 3	Ruth Marshall
17:15-17:45	Stage 3	Sadie Howes
17:30-18:00	Stage 5	Sam Parker
17:45-18:15	Stage 3	Sarah King

## TUESDAY

15:45-16:15	Stage 2	Dom Aitchison
15:45-16:15	Stage 3	Sharon Mayall
16:00-16:30	Stage 4	Ruth Marshall
16:15-16:45	Stage 2	Sharon Mayall
16:15-16:45	Stage 3	Dom Aitchison
16:30-17:00	Stage 5	Ruth Marshall
16:45-17:15	Stage 3	Dom Aitchison
16:45-17:15	Stage 2	Sharon Mayall
17:00-17:30	Stage 4	Ruth Marshall
17:15-17:45	Stage 2	Dom Aitchison
17:15-17:45	Stage 2	Sharon Mayall
17:30-18:00	Stage 7	Ruth Marshall
17:45-18:15	Stage 2	Dom Aitchison

## WEDNESDAY

15:45-16:15	Stage 2	Jan Tiller
15:45-16:15	Stage 3	Dom Aitchison
16:00-16:30	Stage 7	Shelly Lomas
16:00-16:30	Stage 4	Sarah King
16:15-16:45	Stage 2	Dom Aitchison
16:15-16:45	Stage 3	Jan Tiller
16:30-17:00	Stage 8	Shelly Lomas
16:30-17:00	Stage 5	Sarah King
16:45-17:15	Stage 2	Jan Tiller
16:45-17:15	Stage 2	Dom Aitchison
17:00-17:30	Stage 4	Shelly Lomas
17:00-17:30	Stage 5	Sarah King
17:15-17:45	Stage 2	Dom Aitchison
17:15-17:45	Stage 3	Jan Tiller
17:30-18:00	Stage 6	Shelly Lomas
17:45-18:15	Stage 2	Dom Aitchison
18:00-19:00	Swim Fit	Paul Oliver

## THURSDAY

15:45-16:15	Stage 2	Dom Aitchison
15:45-16:15	Stage 3	Eve Sofrin
16:00-16:30	Stage 4	Tara Goom
16:15-16:45	Stage 2	Eve Sofrin
16:15-16:45	Stage 3	Dom Aitchison
16:30-17:00	Stage 5	Tara Goom
16:30-17:00	Stage 6	Sarah King
16:45-17:15	Stage 2	Eve Sofrin
16:45-17:15	Stage 2	Dom Aitchison
17:00-17:30	Stage 4	Sarah King
17:00-17:30	Stage 7	Tara Goom
17:15-17:45	Stage 2	Eve Sofrin
17:15-17:45	Stage 3	Dom Aitchison
17:45-18:15	Stage 3	Dom Aitchison

## FRIDAY

15:45-16:15	Stage 3	Eve Sofrin
15:45-16:15	Stage 2	Ruth Marshall
16:00-16:30	Stage 5	Sam Parker
16:15-16:45	Stage 2	Eve Sofrin
16:15-16:45	Stage 3	Ruth Marshall
16:30-17:00	Stage 4	Sam Parker
16:45-17:15	Stage 2	Eve Sofrin
16:45-17:15	Stage 3	Ruth Marshall
17:00-17:30	Stage 6	Sam Parker
17:15-17:45	Stage 8	Ruth Marshall
17:15-17:45	Stage 2	Eve Sofrin

## SATURDAY

8:00-9:00	Swim Fit (8+yrs)	Kirsty Atfield
8:00-8:30	Stage 4	Tracy Goddard
8:00-8:30	Stage 2	Rachael Barry
8:30-9:00	Stage 5	Tracy Goddard
8:30-9:00	Stage 3	TBA
9:00-9:30	Stage 6	Tracy Goddard
9:00-9:30	Stage 3 (MP)	Kirsty Atfield
9:00-9:30	Stage 2	TBA
9:00-9:30	Stage 2	Rachael Barry
9:30-10:00	Stage 4	Tracy Goddard
9:30-10:00	Stage 2	TBA
9:30-10:00	Stage 3	Rachael Barry
9:30-10:00	Stage 7	Kirsty Atfield

## SUNDAY

8:30-9:00	Stage 4	Rachael Barry
9:00-9:30	Stage 3	Rachael Barry
9:30-10:00	Stage 2	Rachael Barry

The above timetables are correct at time of printing but maybe subject to change

Direct Debit payment of £21 a month includes FREE swimming in open sessions

