

# Monday

Swim Lessons/Pool usage

Adult swim times Monday to Friday 6:00am – 9am, 12:30 – 2pm and 8:00pm – 9:30pm  
Saturday and Sunday 8am – 9am 6:00pm – 7:30pm

Time	Class	Location	
09:30-10:00	Pre-school	Sallow family swim	
10:00-10:30	Preschool	Sallow family swim	
10:30-11:00	Parent and Child	Sallow family swim	
11:00-11:30	Nursery	Baby Pool	
12:30-13:15	Aqua	Family swim	
16:00-16:30	Stage 4	Fast Lane	
16:30-17:00	Stage 5	Fast Lane	
17:00-17:30	Stage 6/7	Fast Lane	
17:30-18:30	Squad	Fast Lane	
16:15-16:45	Stage 2	Deep end family swim	
16:45-17:15	Stage 1	Deep end family swim	
17:15-17:45	Stage 2	Deep end family swim	
17:45-18:15	Stage 3	Deep end family swim	



# Tuesday

Swim Lessons /Pool usage

**Adult swim times Monday to Friday**  
**6:00am – 9am, 12:30 – 2pm and 8:00pm – 9:30pm**  
**Saturday and Sunday 8am – 9am**  
**6:00pm – 7:30pm**

Time	Class	Location	
10:00-10:30	Preschool	Shallow end family swim	
10:30-11:00	Preschool	Shallow end family swim	
11:00 – 11:30	Nursery Swim Lessons	Baby pool/Sallow end of family swim	
15:00-15:30	Nursery	Baby Pool	
15:45-16:15	Stage 1	Deep end family swim	
16:15-16:45	Stage 3	Deep end family swim	
16:45-17:15	Stage 1	Deep end family swim	
17:15-17:45	Stage 2	Deep end family swim	
17:45-18:15	Stage 2	Deep end family swim	
16:00-16:30	Stage 4	Fast lane	
16:30-17:00	Stage 4	Fast Lane	
17:00-17:30	Stage 5	Fast Lane	
17:30-18:00	Stage 6/7	Fast Lane	
18:00-19:00	Squad	Fast Lane	



# Wednesday

Swimming lessons/Pool usage

Adult swim times Monday to Friday  
6:00am – 9am, 12:30 – 2pm and 8:00pm  
– 9:30pm Saturday and Sunday 8am –  
9am 6:00pm – 7:30pm

Time	Class	Location	
14:00-15:30	Private Hire	Sallow end of family swim half the pool used	
16:00-16:30	Stage 1	Deep end family swim	
16:30-17:00	Stage 20	Deep end family swim	
17:00-17:30	Stage 3	Deep end family swim	
17:30-18:00	Stage 4	Deep end family swim	
18:00-18:30	Stage 5	Deep end family swim	
19:30-20:15	Swim Fit Intimidate	Fast lane	
20:15-21:00	Swim fit Masters	Fast Lane	



# Thursday

Swimming lessons/Pool usage

Adult swim times Monday to Friday 6:00am – 9am, 12:30 – 2pm and 8:00pm – 9:30pm  
Saturday and Sunday 8am – 9am 6:00pm – 7:30pm

Time	Class	Location	
09:30-10:30	Preschool	Sallow end family swim	
10:30-11:00	Nursery	Baby Pool / Sallow end of Family swim	
12:30-13:15	Aqua	Family swim	
14:00-15:30	Private Hire	Half the pool family swim sallow end	
16:00-16:30	Stage 1 ( No parents in the water)	Deep end family swim	
16:30-17:00	Stage 2	Deep end family swim	
17:00-17:30	Stage 3	Deep end family swim	
17:30-18:00	Stage 4	Deep end family swim	
16:15-16:45	Stage 4/5	Fast lane	
16:45-17:15	Stage 6	Fast lane	
17:15-17:45	Stage 7	Fast lane	
17:45-18:15	Stage 5	Fast Lane	



# Friday

Swimming Lessons/Pool usage.

Adult swim times Monday to Friday 6:00am – 9am, 12:30 – 2pm and 8:00pm – 9:30pm  
Saturday and Sunday 8am – 9am 6:00pm – 7:30pm

Time	Class	Location	
10:00 – 11:00	Pre school	Sallow end of family swim	
11:00 – 11:30	Nursery Swim lessons	Baby pool /Sallow end of family swim	
12:00-12:30	Adult Improver	Fast lane	
12:30-13:00	Adult Beginner	Fast Lane	



# Saturday

Swimming lessons/Pool usage.

Adult swim times Monday to Friday 6:00am – 9am, 12:30 – 2pm and 8:00pm – 9:30pm  
Saturday and Sunday 8am – 9am 6:00pm – 7:30pm

Time	Class	Location	
09:15-09:45	Stage 1	Deep end family swim	
09:45-10:15	Stage 1	Deep end family swim	
10:15-10:45	Stage 2	Deep end family swim	
10:45-11:15	Stage 3	Deep end family swim	
11:15-11:45	Stage 4	Deep end family swim	
09:15-09:45	Stage 4	Fast lane	
09:45-10:15	Stage 5	Fast Lane	
10:15-10:45	Stage 6	Fast Lane	
10:45-11:15	Stage 7	Fast Lane	
11:15 -11:45	Stage 2	Deep end of family swim	



# Sunday

Swimming Lessons/Pool usage

**Adult swim times Monday to Friday**  
**6:00am – 9am, 12:30 – 2pm and**  
**8:00pm – 9:30pm Saturday and**  
**Sunday 8am – 9am 6:00pm – 7:30pm**

Time	Class	Location	
09:15-09:45	Stage 1	Deep end family swim	
09:45-10:15	Stage 2	Deep end family swim	
10:15-10:45	Stage 3	Deep end family swim	
10:45-11:15	Stage 4	Deep end family swim	
11:15-11:45	Stage 5	Fast Lane	
11:45-12:15	Stage 6/7	Fast Lane	

Swimming lessons are run for 50 weeks of the year and we break for 2 weeks at Christmas with the exception to bank holidays which we do not run lessons on Bank holidays

Children's swimming lessons are determined by demand and are subject to change, please contact the reception for latest schedule

If you have any enquiries about lesson please email  
[Richard.Cleugh@nuffieldhealth.com](mailto:Richard.Cleugh@nuffieldhealth.com)

