

# Swimming Lesson Timetable

## Bromley

Fully qualified A.S.A swimming instructors to lead your child to a happy safe swim session, encouraging water confidence, stroke, skill and stamina development. For further information, please contact **Clare Messer** on [clare.messer@nuffieldhealth.com](mailto:clare.messer@nuffieldhealth.com)

Monday			
Pool	Instructor	Time	Stage
Teaching	Debbie	10.00am	Parent and baby
		10.30am	
Teaching/Main	Natalie	4.00pm	Stage 1
		4.30pm	Stage 3
		5.00pm	Stage 4
		5.30pm	Stage 2
Main	Francis	4.00pm	Stage 5/6
		4.30pm	Stage 8+
		5.00pm	Stage 6/7
		5.30pm	Stage 5

Thursday			
Pool	Instructor	Time	Stage
Teaching	Donna	3.00pm	Parent & Baby
Teaching/Main	Donna	4.00pm	Stage 1
		4.30pm	Stage 2
		5.00pm	Stage 3
		5.30pm	Stage 4
Main	Sam	4.00pm	Stage 5
		4.30pm	Stage 6
		5.00pm	Stage 7
		5.30pm	Stage 8+

Tuesday			
Pool	Instructor	Time	Stage
Teaching	Donna	10.00am	Parent & baby
		10.30am	Parent & Child
		11.00am	Pre-school
Teaching	Donna	2.00pm	Pre school
Main	Jaime	2.30pm	Parent & baby
		4.00pm	Stage 5
		4.30pm	Stage 4
		5.00pm	Stage 5
Teaching	Natalie	5.30pm	Stage 3
		4.00pm	Stage 1
		4.30pm	Stage 2
Main	Natalie	5.00pm	Stage 2
		5.30pm	Stage 3

Friday			
Pool	Instructor	Time	Stage
Teaching	Donna	10.00am	Pre-school
		10.30am	Pre school
Teaching	Jaime	4.00pm	Stage 2
		4.30pm	Stage 1
		5.00pm	Stage 3
Main	Jaime	5.30pm	Stage 4/5
		6.00pm	Stage 5
Main	Milla	4.00pm	Stage 4
		4.30pm	Stage 3
Teaching	Milla	5.00pm	Stage 1
		5.30pm	Stage 2

Wednesday			
Pool	Instructor	Time	Stage
Teaching	Donna	4.00pm	Stage 1
		4.30pm	Stage 2
	Sam	4.00pm	Stage 2
		4.30pm	Stage 3
Main	Sam	4.00pm	Stage 4
		4.30pm	Stage 4
Main	Jaime	5.00pm	Stage 5
		5.30pm	Stage 6
		5.00pm	Stage 7
		5.30pm	Stage 8+

Sunday			
Pool	Instructor	Time	Stage
Teaching	Ileidy	10.00am	Stage 2
Main		10.30am	Stage 2/3
Main		11.00am	Stage 3/4
Teaching		11.30am	Stage 1
Teaching		12.00pm	Stage 1
Teaching		12.30pm	Stage 2
Main		1.00pm	Stage 2

**1-2-1 and 2-2-1 private sessions available for children and adults (members only) please speak to reception or email [clare.messer@nuffieldhealth.com](mailto:clare.messer@nuffieldhealth.com) for availability.**