

Swimming Lesson Timetable

Barrow-in-Furness

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 **Swim Manager [Scott Thompson]** / [\[scott.thompson@nuffieldhealth.com\]](mailto:scott.thompson@nuffieldhealth.com)

Monday			
Pool	Instructor	Time	Stage
Teaching	Joanne	3.45pm	1/2
Teaching	Sonja	3.45pm	3
Teaching	Joanne	4.15pm	5
Teaching	Sonja	4.15pm	3
Teaching	Joanne	4.45pm	4
Teaching	Sonja	4.45pm	4/5
Main	Family Swim 3-5pm		

Tuesday			
Pool	Instructor	Time	Stage
Teaching	Joanne	3.45pm	Stage 1/2
Teaching	Joanne	4.15pm	Stage 3
	Joanne	4.45pm	Stage 5
Main	Family Swim 3-5pm		

Wednesday			
Pool	Instructor	Time	Stage
Main	Family Swim 3-5pm		

Thursday			
Pool	Instructor	Time	Stage
Teaching	Alan	3.15pm	Ducklings
Teaching	Alan	3.45pm	Stage 1/2
Teaching	Alan	4.15pm	Stage 5
Teaching	Alan	4.45pm	Stage 6/7
Main	Family Swim 3-4pm		

Friday			
Pool	Instructor	Time	Stage
Teaching	Alan	3.15pm	Ducklings
Teaching	Alan	3.45pm	Stage 1/2
Teaching	Alan	4.15pm	Stage 3
Teaching	Alan	4.45pm	Stage 4
Main	Family Swim	3-5pm	

Saturday	
Main	Family Swim 1-5pm

Sunday			
Pool	Instructor	Time	Stage
Teaching	Joanne	10am	Babies
Teaching	Joanne	10.30am	Ducklings
Teaching	Joanne	11am	Stage 1/2
Teaching	Joanne	11.30am	Stage 3
Teaching	Joanne	12pm	Stage 4
Teaching	Joanne	12.30pm	Stage 5
Teaching	Joanne	1pm	Stage 6/7
Main	Family Swim 1.30-5pm		