

# Swimming Lesson Timetable

## Bolton

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 the **Swim Manager Kim Armston**  
[kim.armston@nuffieldhealth.com](mailto:kim.armston@nuffieldhealth.com)

Monday			
Pool	Instructor	Time	Stage
Main	Justin	4.30pm-5pm	Stage 3/4
Main	Justin	5pm-5:30pm	Stage 4/5
Main	Justin	5:30pm-6pm	Stage 5/6
Main	Justin	6pm-7pm	Stage 7/8/9

Tuesday			
Pool	Instructor	Time	Stage
Main	James	5pm-5:30pm	Stage 1/2
Main	James	5:30pm-6pm	Stage 3/4
Main	James	6pm-6:30pm	Stage 4/5

Wednesday			
Pool	Instructor	Time	Stage
Main	Don	5:15pm-5:45pm	Stage 5/6
Main	Don	5:15pm-6:15pm	Stage 7/8/9

Friday			
Pool	Instructor	Time	Stage
Main	James	5:30pm-6pm	Stage 5/6
Main	James	6pm-7pm	Stage 8/9/10

Saturday			
Pool	Instructor	Time	Stage
Main	Kim	9am-9:30am	Ducklings
Main	Kim	9:30am-10am	Stage 1/2
Main	Kim	10am-10:30am	Stage 2/3
Main	Kim	10:30am-11am	Stage 2/3
Main	Kim	11am-11:30am	Stage 3/4
Main	Kim	11:30am-12pm	Stage 5/6
Main	Kim	12pm-1pm	Stage 7/8

Sunday			
Pool	Instructor	Time	Stage
Main	Don	9:30am-10am	Parent & Child
Main	Don	10am-10:30am	Ducklings
Main	Don	10:30am-11am	Stage 2/3
Main	Don	11am-11:30am	Stage 1/2