

Swimming Lesson Timetable

Bristol North

Adult swim times Monday to Friday

6:30am – 9am

1pm – 2pm

8:30pm – 10pm

Saturday and Sunday

8am – 9am

8:30pm – 9:30pm

Monday		
Location	Time of Lesson	Stage
Family Lane	09:30 – 10:30	Pre School
	12:30 – 13:15	Aqua Fit
	16:00 - 16:30	Stage 3
	16:30 – 17:00	Stage 1
	17:00 – 17:30	Stage 2
Fast Lane	16:00 – 16:30	Stage 4
	16:30 – 17:00	Stage 4
	17:00 – 17:30	Stage 6/7
	17:30 – 18:00	Stage 8

Tuesday		
Location	Time of Lesson	Stage
Family Lane	10:00 – 10:30	Pre School
	10:30 – 11:00	Parent & Child
	16:00 – 16:30	Stage 3
	16:30 – 17:00	Stage 1
	17:00 – 17:30	Stage 2
	16:00 – 16:30	Stage 4
	16:30 – 17:00	Stage 5
	17:00 – 17:30	Stage 6
	17:30 – 18:00	Stage 7
	18:00 – 19:00	Squad
	19:00 – 19:45	Aqua Fit

Wednesday		
Location	Time of Lesson	Stage
Fast Lane	19:30 – 18:00	Swim Fit

Thursday		
Location	Time of Lesson	Stage
Family Lane	09:30 – 10:30	Pre School
	12:30 – 13:15	Aqua Fit
	16:00 – 16:30	Stage 1
	16:30 – 17:00	Stage 2
	17:00 – 17:30	Stage 3
Fast Lane	16:00 – 16:30	Stage 5
	16:30 – 17:00	Stage 6
	17:00 – 17:30	Stage 7
	17:30 – 18:00	Stage 4

Friday		
Location	Time of Lesson	Stage
Family Lane	10:00 – 11:00	Pre School

Saturday		
Location	Time of Lesson	Stage
Fast Lane	09:00 – 09:30	Stage 4
	09:30 – 10:00	Stage 5
	10:00 – 10:30	Stage 6
	10:30 – 11:00	Stage 7
	11:00 – 12:00	Squad
Family Lane	09:30 – 10:00	Stage 1
	10:00 – 10:30	Stage 2
	10:30 – 11:00	Stage 3
	11:00 – 11:30	Pre School
	11:30 – 12:00	Stage 1/2

Sunday		
Location	Time of Lesson	Stage
Fast Lane	19:30 – 20:30	Swim Fit

- **Swimming Lessons price** - Members £108.50/ Non Members £182.00 after the first week prices will be pro-rata.
- **Squad Price** - Members £162.82 / Non Members £273.
- **Max. 4 in a class group** - Members £162.82/ Non Member £239.82.
- **Children's swimming lessons** are determined by demand and are subject to change, please contact the reception for the latest schedule.