

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	Shallow family swim
10:00-10:30	Preschool	Shallow family swim
10:30-11:00	Parent and Child	Shallow family swim
11:00-11:30	Nursery	Baby Pool
12:30-13:15	Aqua	Family swim
16:00-16:30	Stage 5	Fast Lane
16:30-17:00	Stage 6	Fast Lane
17:00-17:30	Stage 7	Fast Lane
17:30-18:30	Squad	Fast Lane
16:15-16:45	Stage 2	Shallow end family swim
16:45-17:15	Stage 1	Shallow end family swim
17:15-17:45	Stage 2	Shallow end family swim
17:45-18:15	Stage 3	Shallow 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	Shallow end family swim	
16:15-16:45	Stage 3	Shallow end family swim	
16:45-17:15	Stage 1	Shallow end family swim	
17:15-17:45	Stage 2	Shallow end family swim	
17:45-18:15	Stage 4	Shallow end family swim	
16:00-16:30	Stage 4	Fast lane	
16:30-17:00	Stage 5	Fast Lane	
17:00-17:30	Stage 6	Fast Lane	
17:30-18:00	Stage 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	
16:00-16:30	Stage 1	Shallow end family swim	
16:30-17:00	Stage 20	Shallow end family swim	
17:00-17:30	Stage 3	Shallow end family swim	
17:30-18:00	Stage 4	Shallow end family swim	
16:00-16:30	Stage 5	Fast lane	
16:30 – 17:00	Stage 6	Fast lane	
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	
09:30-11:00	Preschool	Shallow end family swim	
11:00 -11:30	Nursery	Baby Pool / Shallow end of Family swim	
12:30-13:15	Aqua	Family swim	
16:00-16:30	Stage 1	Shallow end family swim	
16:30-17:00	Stage 2	Shallow end family swim	
17:00-17:30	Stage 3	Shallow end family swim	
17:30-18:00	Stage 4	Shallow end family swim	
16:15-16:45	Stage 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	Shallow end of family swim	
11:00 – 11:30	Nursery Swim lessons	Baby pool /Shallow 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	Shallow end family swim	
09:45-10:15	Stage 1	Shallow end family swim	
10:15-10:45	Stage 2	Shallow end family swim	
10:45-11:15	Stage 3	Shallow end family swim	
11:15-11:45	Stage 4	Shallow 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	Shallow 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	Fast lane	
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

