

Swimming Lesson Timetable Chingford

Monday			
Pool	Instructor	Time	Stage
Main Pool	Bernie	4.00pm	Pre -School
Main Pool	Bernie	4:30pm	Stage 1
Main Pool	Bernie	5:00pm	Stage 2
Main Pool	Bernie	5:30pm	Stage 3

Friday			
Pool	Instructor	Time	Stage
Main Pool	Bernie	4:30pm	Stage 3
Main Pool	Bernie	5:00pm	stage 4
Main Pool	Bernie	5:30pm	Stage 5
Main Pool	Rebecca	6.00pm	ADULT Beginners
Main Pool	Rebecca	6.45pm	ADULT Improvers

Tuesday			
Pool	Instructor	Time	Stage
Main Pool	Gemma	4.00pm	Stage 1
Main Pool	Gemma	4:30pm	Stage 1
Main Pool	Gemma	5:00pm	Stage 2
Main Pool	Gemma	5:30pm	Stage 3

Saturday			
Pool	Instructor	Time	Stage
Main Pool	Gemma	12.00pm	Pre-School
Main Pool	Gemma	12.30pm	Stage 1/2
Main Pool	Gemma	1.00pm	Stage 3
Main Pool	Gemma	1.30pm	Stage 4
Main Pool	Gemma	2.00pm	Stage 6
Main Pool	Gemma	2.30pm	Stage 7

Thursday			
Pool	Instructor	Time	Stage
Main Pool	Katie	4.00pm	Stage 1
Main Pool	Katie	4:30pm	Stage 2
Main Pool	Katie	5:00pm	Stage 3
Main Pool	Katie	5:30pm	Stage 5/6

Class Capacity

Ducklings/Pre-School 3yrs+	x 4
Stage 1-3	x 6
Stage 4/10	x 6

Lessons are booked in Blocks of 10 sessions
82.50 Members - 102.50 Non-Members

1-2-1 - 4 x 30 minute sessions 140.00 - 12 x 30 minute sessions 384.00 MEMBERS ONLY

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. Further information contact Swim
Manager rebecca.belle@nuffieldhealth.com

Please note swimming lessons are subject to change or cancellation due to low pupil ratio T&C apply