

Swimming Lesson Timetable

Derby

| Monday | | |
|-----------|-------------|---------|
| Pool | Time | Stage |
| Main Pool | 16.30-17.00 | Stage 3 |
| Main Pool | 16.30-17.00 | Stage 4 |
| Kids Pool | 17.00-17.30 | Stage 1 |
| Main Pool | 17.00-17.30 | Stage 5 |
| Kids Pool | 17.30-18.00 | Stage 2 |
| Main Pool | 17.30-18.00 | Stage 6 |

| Tuesday | | |
|-----------|-------------|---------|
| Pool | Time | Stage |
| Main Pool | 16.30-17.00 | Stage 4 |
| Main Pool | 16.30-17.00 | Stage 3 |
| Main Pool | 17.00-17.30 | Stage 5 |
| Kids Pool | 17.00-17.30 | Stage 1 |
| Main Pool | 17.30-18.00 | Stage 6 |
| Kids Pool | 17.30-18.00 | Stage 2 |
| Main Pool | 18.00-19.00 | Squad |

| Thursday | | |
|-----------|-------------|-----------|
| Pool | Time | Stage |
| Kids Pool | 16.00-16.30 | Ducklings |
| Kids Pool | 16.30-17.00 | Stage 1 |
| Main Pool | 16.30-17.00 | Stage 4 |
| Kids Pool | 17.00-17.30 | Stage 2 |
| Main Pool | 17.00-17.30 | Stage 5 |
| Main Pool | 17.30-18.00 | Stage 3 |
| Main Pool | 17.30-18.00 | Stage 3 |

| Friday | | |
|-----------|-------------|---------|
| Pool | Time | Stage |
| Main Pool | 16.30-17.00 | Stage 1 |
| Main Pool | 16.30-17.00 | Stage 4 |
| Kids Pool | 17.00-17.30 | Stage 2 |
| Kids Pool | 17.00-17.30 | Stage 5 |
| Main Pool | 17.30-18.00 | Stage 6 |
| Main Pool | 17.30-18.00 | Stage 3 |
| Main Pool | 18.00-19.00 | Squad |

| Saturday | | |
|-----------|-------------|---------|
| Pool | Time | Stage |
| Main Pool | 8.30-9.30 | Squad |
| Kids Pool | 9.00-9.30 | Stage 2 |
| Kids Pool | 9.30-10.00 | Stage 1 |
| Main Pool | 9.30-10.00 | Stage 6 |
| Main Pool | 9.30-10.00 | Stage 7 |
| Kids Pool | 10.00-10.30 | Stage 1 |
| Main Pool | 10.00-10.30 | Stage 5 |
| Main Pool | 10.00-10.30 | Stage 4 |
| Kids Pool | 10.30-11.00 | Stage 2 |
| Main Pool | 10.30-11.00 | Stage 6 |
| Main Pool | 10.30-11.00 | Stage 4 |
| Main Pool | 11.00-11.30 | Stage 3 |
| Main Pool | 11.00-11.30 | Stage 5 |
| Main Pool | 11.30-12.00 | Stage 4 |

Private 1-2-1 sessions

Sharpen up your stroke with a series of focused lessons that are tailored to meet your individual needs.