

Swimming Lesson Timetable

East Kilbride

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 **Swim Manager Scott Cantley** Scott.Cantley@nuffieldhealth.com

Tuesday			
Pool	Instructor	Time	Stage
Main	Charlotte	3.00pm	Stage 1
Main	Charlotte	3.30pm	Stage 4
Main	Charlotte	4.00pm	Stage 2
Main	Charlotte	4.30pm	Stage 3
Main	Charlotte	5.00pm	Stage 5

Wednesday			
Pool	Instructor	Time	Stage
Main	Emily	3.00pm	Pre
Main	Emily	3.30pm	Stage 1
Main	Emily	4.00pm	Stage 3
Main	Emily	4.30pm	Stage 4
Main	Emily	5.00pm	Stage 5

Saturday			
Pool	Instructor	Time	Stage
Main	Charlotte	2.00pm	Stage 1
Main	Charlotte	2.30pm	Stage 2
Main	Charlotte	3.00pm	Stage 3
Main	Charlotte	3.30pm	Stage 1
Main	Charlotte	4.00pm	Pre
Main	Charlotte	4.30pm	Stage 2

Saturday			
Pool	Instructor	Time	Stage
Main	Heather	2.00pm	Pre
Main	Heather	2.30pm	Stage 2
Main	Heather	3.00pm	Pre
Main	Heather	3.30pm	Stage 4
Main	Heather	4.00pm	Stage 5
Main	Heather	4.30pm	Stage 6

1-2-1 private sessions available for children and adults

Block bookings:
 £10 per lesson £100 for block – Non Member Price
 £7.50 per lesson £75 for block – Member Price

Children and Adult 1:1's
 £22.50 – Non Member Price
 £20 – Member