

Swimming Lesson Timetable

Harrogate

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 **Charlotte Yeadon**

/ charlotte.yeadon@nuffieldhealth.com

Monday			
Pool	Instructor	Time	Stage
Main	Jean	2.00pm	Pre-school
		2.30pm	Pre-school
Main	Michelle	2.30pm	Level 3
		3.00pm	Level 1
Main	Jean	3.30pm	Level 3
		4.00pm	Level 2
Main	Michelle	3.30pm	1-1
		4.00pm	Level 5
Main	Jean	4.30pm	Level 4
		5.00pm	Level 4
Main	Michelle	4.30pm	Level 6
		5.00pm	1-1

Tuesday			
Pool	Instructor	Time	Stage
Main	Lisa	2.00pm	Parent and Toddler
	Lisa	2.30pm	Parent and baby
Main	Lisa	3.00pm	Level 1
		3.30pm	Level 5
Main	Alana	3.30pm	Level 5
		4.00pm	Level 7
Main	Lisa	4.00pm	Level 2
		4.30pm	Level 4
Main	Alana	4.30pm	Level 7
		5.00pm	Level 6
Main	Lisa	5.00pm	Level 5

Wednesday			
Pool	Instructor	Time	Stage
Main	Angela	3.00pm	Pre-school
		3.30pm	Pre-school
Main	Michelle	3.00pm	1-1
		3.30pm	Level 5
Main	Angela	4.00pm	Level 3
		4.30pm	Level 4
Main	Michelle	4.00pm	Level 4
		4.30pm	Level 6
Main	Angela	5.00pm	Level 1
Main	Michelle	5.00pm	Level 2

Thursday			
Pool	Instructor	Time	Stage
Main	Angela	2.00pm	Pre-school
		2.30pm	Pre-school
Main	Angela	3.00pm	Level 1
		3.30pm	Level 3
Main	Jodie	3.00pm	Pre School
		3.30pm	Level 1
Main	Angela	4.00pm	Level 8
		4.30pm	Level 4
Main	Jodie	4.00pm	Level 5
		4.30pm	Level 7
Main	Angela	5.00pm	Level 6
Main	Jodie	5.00pm	Level 1/2

Friday			
Pool	Instructor	Time	Stage
Main	Angela	2.30pm	Pre-school
		3.00pm	Level 1
Main	Angela	3.30pm	Level 3
		4.00pm	Level 7
Main	Lisa	4.00pm	Level 5
		4.30pm	Level 3
Main	Angela	4.30pm	Level 8
		5.00pm	Level 6
Main	Lisa	5.00pm	Level 2

1-2-1 private sessions available for children and adults (members and non members)