

Swimming Lesson Timetable

Kingston

Monday		
Instructor	Time	Stage
Linda	15:30	1
	16:00	2
	16:30	2
Claire King	17:00	2
	16.30	3
Linda	17:00	3
	17:30	3
Claire King	16:00	4
Sharon	16:30	5
	17:00	6
	17:30	7
	16:00	8

Tuesday		
Instructor	Time	Stage
Helen	16:00	2
	16:30	2
	17:00	3
	17:30	3
Sandra	16.00	4
	16.30	4
Helen	18.00	4
Claire King	16:00	5
	16:30	6
	17:00	2
Sharon	16:30	7
	16.00	9

Wednesday		
Instructor	Time	Stage
Gemma Cooper	16:00	1
	15:00	2
	16:30	2
	15:30	3
	16.30	3
	17:00	3
Claire King	17.30	3
	16:00	4
Nick	16:00	4
	16:30	5
	17:00	6
	17:30	7
Sharon	17:00	8
	17:30	9

Thursday		
Instructor	Time	Stage
Claire King	16:00	1
	16:30	2
	17:00	3
Helen	16:00	4
Rachael	16:00	4
	16:30	5
Helen	17:00	6
Sharon	17:30	7
	16:00	8
	16:30	9

Friday		
Instructor	Time	Stage
Claire King (Main pool only)	16:30	3
	16:00	4
	16:00	4
Helen	16:30	5
Rachael	17:00	6
	17:30	7
Helen	16:00	8
Sharon	16.30	9

Saturday		
Instructor	Time	Stage
Claire King	08:30	1
Nick	09:00	2
Claire King	10:00	2
	09:00	3
Nick	10:00	3
	10:30	3
	09.30	4
	12:00	4
Lucy	12:00	4
Nick	12:30	5
Lucy	12:30	5
Nick	13:00	6
	13:30	7
Lucy	13:30	7
Nick	14:00	9

Sunday		
Instructor	Time	Stage
Lucy	13:00	6
	14:00	8
	14:30	9

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Squad (1 hour sessions)		
Instructor	Time	Stage
Ken	17:00-18:00	Monday Lower
	18:00-19:00	Monday Higher
Sandra	17:00-18:00	Tuesday Lower
Sharon	18:00-19:00	Tuesday Higher
	18:00-19:00	Wednesday Higher
	18:00-19:00	Thursday Higher Level
	17:00-18:00	Friday Lower Level
Ken	18:00-19:00	Friday Higher Level
Nick	14:30-15:30	Saturday Higher Level
	15:30-16:30	Saturday Lower Level
Lucy	15:00-16:00	Sunday Lower Level

Monday		
Instructor	Time	Stage
Linda	09:30	STA Starfish 1-2 (0-1)
	10:00	STA Starfish 3-4 (1-2)
	11:00	STA Starfish 5-6 (2-3)
	11:30	
	10:30	Ducklings 3-4 (No Parents)
	12:00	
	13:30	
	14:00	

Tuesday		
Instructor	Time	Stage
Helen	10:00	STA Starfish 1-2 (0-1)
	09:30	STA Starfish 3-4 (1-2)
	10:30	STA Starfish 5-6 (2-3)
	11:00	
	11:30	Ducklings 3-4 (No Parents)

Friday		
Instructor	Time	Stage
Helen	09:30	STA Starfish 1-2 (0-1)
	10:00	STA Starfish 3-4 (1-2)
	11:00	STA Starfish 5-6 (2-3)
	09:30	Ducklings 3-4 (No Parents)