

Swimming Lesson Timetable

Medway

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 Rebecca Green**,
Rebecca.green@nuffieldhealth.com

Monday			
Pool	Instructor	Time	Stage
Main	Lorraine	9.30-10.00	Parent and baby
		10.00-10.30	Ducklings
		10.30-11.00	Parent and Child
		11.00-11.30	Ducklings
Main	Yo	4.00-4.30	Stage 1&2
		4.30-5.00	Stage 3
		5.00-5.30	Stage 4
		5.30-6.00	Stage 5
		6.00-6.30	Stage 6

Thursday			
Pool	Instructor	Time	Stage
Teaching	Becky	4.00-4.30	Ducklings
Main		Beth	4.30-5.00
	4.00-4.30		Stage 1&2
	4.30-5.00		Stage 3
	5.00-5.30		Stage 4
	5.30-6.00		Stage 5&6

Tuesday			
Pool	Instructor	Time	Stage
Main	Yo	4.00-4.30	Stage 1&2
		4.30-5.00	Stage 3
		5.00-5.30	Stage 4&5
		5.30-6.00	Stage 6&7
	Sue	6.30-7.00	Adult Beginner
		7.00-7.30	Adult Intermediate

Friday			
Pool	Instructor	Time	Stage
Main	Hannah	4.00-4.30	Stage 3
		4.30-5.00	Stage 1&2
		5.00-5.30	Stage 4
		5.30-6.30	Swim Squad
		6.30-7.30	Swim Squad

Wednesday			
Pool	Instructor	Time	Stage
Main	Lorraine	10.00-10.30	Parent and child
		11.00-11.30	Ducklings
	Sue	4.00-4.30	Stage 4
		Hannah	4.00-4.30
	4.30-5.00		Stage 3
	5.00-5.30		Stage 5
	5.30-6.00		Stage 6
	6.00-7.00		Swim Squad
	7.00-8.00	Swim Squad	

Saturday				
Pool	Instructor	Time	Stage	
Teaching	Becky	9.00-9.30	Ducklings	
Main		9.30-10.00	Stage 1&2	
		10.00-10.30	Stage 3	
		10.30-11.00	Stage 4	
		11.00-11.30	Stage 5	
		11.30-12.00	Stage 4	
Teaching		12.00-12.30	Stage 3	
Teaching		12.30-1.00	Ducklings	
Main		Hannah	9.00-9.30	Stage 6&7
			9.30-10.00	Stage 5
	10.00-10.30		Stage 4	
Teaching	10.30-11.00		Stage 1&2	
	11.00-11.30		Ducklings	
Main	11.30-12.00		Stage 3	
	12.00-12.30		Stage 1&2	
	12.30-1.00		Parent and Child	

Group and Private lessons open to Members and Non-members