

# Weekday Swim Lesson Timetable

| Day       | Stage           | Time          |
|-----------|-----------------|---------------|
| Monday    | Pre-School      | 09.30 – 10.00 |
| Monday    | Parent & Baby   | 10.00 – 10.30 |
| Monday    | Duckling 3 & 4  | 10.30 - 11.00 |
| Monday    | 1 & 2           | 15.30 - 16.00 |
| Monday    | 1 & 2           | 16.00 – 16.30 |
| Monday    | 1 & 2           | 16.00 – 16.30 |
| Monday    | 3 & 4           | 16.30 – 17.00 |
| Monday    | 3               | 16.30 – 17.00 |
| Monday    | 5 & 6           | 17.00 – 17.30 |
| Monday    | 4               | 17.00 – 17.30 |
| Monday    | 5 & 6           | 17.30 – 18.00 |
| Day       | Stage           | Time          |
| Tuesday   | 1 & 2           | 16.00 – 16.30 |
| Tuesday   | 1 & 2           | 16.00 – 16.30 |
| Tuesday   | 3               | 16.30 – 17.00 |
| Tuesday   | 4               | 16.30 – 17.00 |
| Tuesday   | 3 & 4           | 17.00 – 17.30 |
| Tuesday   | 7               | 17.00 – 17.45 |
| Tuesday   | Swim Squad      | 17.45 – 18.45 |
| Day       | Stage           | Time          |
| Wednesday | Ducklings       | 10.30 - 11.00 |
| Wednesday | Parent and Baby | 11.00 - 11.30 |
| Wednesday | 1 & 2           | 12.30 – 13.00 |
| Wednesday | 1 & 2           | 16.00 – 16.30 |
| Wednesday | 1 & 2           | 16.00 – 16.30 |
| Wednesday | 3 & 4           | 16.30 – 17.00 |
| Wednesday | 3 & 4           | 16.30 – 17.00 |
| Wednesday | 5 & 6           | 17.00 – 17.30 |
| Wednesday | 5 & 6           | 17.00 – 17.30 |
| Wednesday | 7               | 17.30 – 18.15 |
| Day       | Stage           | Time          |
| Thursday  | 1 & 2           | 15.30 – 16.00 |
| Thursday  | 3 & 4           | 16.00 – 16.30 |
| Thursday  | 1 & 2           | 16.00 – 16.30 |
| Thursday  | 1 & 2           | 16.30 – 17.00 |
| Thursday  | 5 & 6           | 16.30 – 17.00 |
| Thursday  | 1 & 2           | 17.00 – 17.30 |
| Day       | Stage           | Time          |
| Friday    | 1 & 2           | 16.00 – 16.30 |
| Friday    | 5 & 6           | 16.00 – 16.30 |
| Friday    | 3               | 16.30 – 17.00 |
| Friday    | 4               | 16.30 – 17.00 |
| Friday    | 5 & 6           | 17.00 – 17.30 |
| Friday    | 3               | 17.00 – 17.30 |
| Friday    | 5 & 6           | 17.00 – 17.30 |
| Friday    | 7               | 17.30 – 18.15 |

# Weekend Swim Lesson Timetable

| Day      | Stage      | Time          |
|----------|------------|---------------|
| Saturday | Swim Squad | 09.15 – 10.15 |
| Saturday | 1 & 2      | 09.30 – 10.00 |
| Saturday | 7          | 10.15 – 11.00 |
| Saturday | 1 & 2      | 10.00 – 10.30 |
| Saturday | 5 & 6      | 11.00 – 11.30 |
| Saturday | 1 & 2      | 10.30 – 11.00 |
| Saturday | 4          | 11.30 – 12.00 |
| Saturday | 3          | 11.00 – 11.30 |
| Saturday | 3          | 11.30 – 12.00 |
| Saturday | 4          | 12.00– 12.30  |
| Day      | Stage      | Time          |
| Sunday   | 1 & 2      | 09.00 – 09.30 |
| Sunday   | 4          | 09.00 – 09.30 |
| Sunday   | 3          | 09.30 – 10.00 |
| Sunday   | 5 & 6      | 09.30 – 10.00 |
| Sunday   | 3          | 10.00 – 10.30 |
| Sunday   | 5 & 6      | 10.00 – 10.30 |
| Sunday   | 1 & 2      | 10.30 – 11.00 |
| Sunday   | 4          | 10.30 – 11.00 |
| Sunday   | 1 & 2      | 11.00 – 11.30 |
| Sunday   | 1 & 2      | 11.00 – 11.30 |
| Sunday   | 1 & 2      | 11.30 – 12.00 |

Nuffield Health Club Milngavie  
Swim Group Lesson Time Table

