

Swimming Lesson Timetable

Norwich

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** norwich.swimschool@nuffieldhealth.com

| Monday | | | |
|----------------------------|------------|--------|---------------------|
| Pool | Instructor | Time | Stage |
| Leisure Lane | Tertia | 4.00pm | Stage 1- Stage 3 |
| Leisure Lane | Tertia | 4.30pm | Stage 3- Stage 5 |
| Leisure Lane/ Pace Lane | Tertia | 5.00pm | Stage 5- Stage 7 |

| Tuesday | | | |
|----------------------------|------------|--------|---------------------|
| Pool | Instructor | Time | Stage |
| Part of Leisure Lane | Rebecca | 4.00pm | Stage 1- Stage 3 |
| Part of Leisure Lane | Rebecca | 4.30pm | Stage 3- Stage 5 |
| Leisure Lane/ Pace Lane | Rebecca | 5.00pm | Stage 5- Stage 7 |

| Friday | | | |
|----------------------------|------------|--------------------|---------------------------|
| Pool | Instructor | Time | Stage |
| Leisure Lane | Rebecca | 10.30am 11.00am | Parent/Baby Pre-School |
| Leisure Lane | Rebecca | 10.30am-11.00am | Pre-School |
| Leisure Lane | Tertia | 4.00pm | Stage 1- Stage 3 |
| Leisure Lane | Tertia | 4.30pm | Stage 3-Stage 5 |
| Leisure Lane/ Pace Lane | Tertia | 5.00pm | Stage 5- Stage 7 |