

# Swim Timetable

121 Lessons

Group Lessons

Exercise & Private Bookings

## Monday

8:00 - 8:30	121 Lessons	Pool	Tanya
8:30 - 9:00	121 Lessons	Pool	Tanya
9:00 - 9:30	121 Lessons	Pool	Tanya
9:30 - 10:00	121 Lessons	Pool	Tanya
10:00 - 10:45	Aqua	Pool	Fitness Team
11:00 - 13:45	Water Babies	Pool	Water Babies
13:00 - 13:45	Aqua	Pool	Fitness Team
15:30 - 16:00	Pre-school	Pool	Erin
16:00 - 16:30	Stage 3	Pool	Erin
16:30 - 17:00	Stage 5	Pool	Erin
17:00 - 17:30	Stage 2	Pool	Madi
17:30 - 18:00	Stage 2	SEND	Erin & Madi
18:00 - 18:30	SEND	Pool	Madi
18:30 - 19:00	Adult Improver	Pool	Madi
19:00 - 19:30	Adult Confidence	Pool	Madi
19:30 - 20:00	Adult Confidence	Pool	Madi
20:00 - 20:30	Adult Advanced	Pool	Madi



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## Tuesday

8:00 - 8:30	121 Lessons		Pool	Tanya
8:30 - 9:00	121 Lessons		Pool	Tanya
9:00 - 9:30	121 Lessons		Pool	Tanya
9:30 - 10:00	121 Lessons		Pool	Tanya
10:30 - 11:15	Aqua		Pool	Fitness Team
16:00 - 16:30	Stage 1	121 Lessons	Pool	Erin & Lucy
16:30 - 17:00	Stage 1	121 Lessons	Pool	Erin & Lucy
17:00 - 17:30	Stage 2	121 Lessons	Pool	Erin & Lucy
17:30 - 18:00	Stage 3	121 Lessons	Pool	Erin & Lucy
18:00 - 18:30	Stage 4	121 Lessons	Pool	Erin & Lucy
18:30 - 19:00	Stage 5	121 Lessons	Pool	Erin & Lucy
19:00 - 19:30	Adult Improvers	121 Lessons	Pool	Erin & Lucy
19:30 - 20:00	Adult Improvers	121 Lessons	Pool	Erin & Lucy



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## Wednesday

9:30 - 10:15	Aqua	Pool	Fitness Team
10:15 - 13:15	Water Babies	Pool	Water Babies
18:30 - 19:00	Aqua	Pool	Fitness Team

## Thursday

9:00 - 9:45	Aqua	Pool	Fitness Team
11:00 - 12:00	Avalon Road	Pool	Private Group
13:30 - 14:30	Independent Living	Pool	Private Group
17:15 - 17:45	Junior Swim	Pool	Private Group
17:00 - 19:00	Girls Ability	Pool	Private Group
18:00 - 20:00	Cubs	Pool	Private Group

## Friday

9:30 - 10:15	Aqua	Pool	Fitness Team
10:15 - 13:15	Water Babies	Pool	Water Babies
17:00 - 17:30	Stage 4	Pool	Erin
17:30 - 18:00	Stage 3	Pool	Erin
18:00 - 18:30	Stage 5	Pool	Erin
18:30 - 19:00	Stage 3	Pool	Erin
19:00 - 19:30	121 Lessons	Pool	Erin



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## Saturday

9:30 - 13:30	Water Babies	Pool	Water Babies
10:00 - 10:30	Stage 3	Pool	Jessica
10:30 - 11:00	Stage 5	Pool	Jessica
11:00 - 11:30	Stage 4	Pool	Jessica
11:30 - 12:00	Stage 6	Pool	Jessica
12:30 - 13:00	Stage 1	Pool	Jessica
13:00 - 13:30	Stage 2	Pool	Jessica
13:30 - 14:00	Stage 3	Pool	Jessica
14:00 - 14:30	Pre-school	Pool	Jessica
14:30 - 15:00	Stage 3	Pool	Jessica
15:00 - 15:30	Stage 4	Pool	Jessica
15:40 - 16:10	121 Lesson	Pool	Jessica
16:10 - 16:40	121 Lesson	Pool	Jessica
16:40 - 17:10	121 Lesson	Pool	Jessica
17:10 - 17:40	121 Lesson	Pool	Jessica
17:40 - 18:10	121 Lesson	Pool	Jessica
18:10 - 18:40	121 Lesson	Pool	Jessica
18:40 - 19:10	121 Lesson	Pool	Jessica

Please email our Swim Manager directly for all swimming lesson related feedback, comments and enquiries: [jessica.myland@nuffieldhealth.com](mailto:jessica.myland@nuffieldhealth.com)

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## Sunday

8:15 - 8:45	121 Lesson	Pool	Madi
8:45 - 9:30	Aqua	Pool	Fitness Team
11:00 - 13:45	Water Babies	Pool	Water Babies
9:30 - 10:00	Adult Improvers	Pool	Madi
10:00 - 10:30	Stage 1	Pool	Madi
10:30 - 11:00	Stage 2	Pool	Madi
11:00 - 11:30	Stage 3	Pool	Madi
11:30 - 12:00	Stage 4	Pool	Madi
12:00 - 12:30	Stage 7	Pool	Madi
12:30 - 13:00	121 Lesson	Pool	Madi
13:00 - 13:30	121 Lesson	Pool	Madi
13:30 - 14:00	121 Lesson	Pool	Madi
14:00 - 14:30	121 Lesson	Pool	Madi

