

# Swimming Lesson Timetable

## Romford

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

Monday			
Instructor	Location	Time of Lesson	Activity
Patsy	Main Pool	4.30pm	Stage 3/4
Nicole		4.30pm	Stage 1/2
Nicole		5.00pm	Stage 5/6
Patsy		5.00pm	Ducklings
Nicole		5.30pm	Stage 7/8/9
Patsy		5.30pm	Stage 4

Saturday			
Instructor	Location	Time of Lesson	Activity
Gemma	Main	9.00am	Stage 2
Nicole		9.00am	Ducklings
Ant		9.00am	Stage 1
Gemma		9.30am	Stage 2/3
Ant		9.30am	Ducklings
Nicole		10.00am	Stage 1/2
Gemma		10.00am	Stage 7
Ant		10.30am	Stage 2/3
Nicole		10.30am	Stage 6/7
Gemma		10.30am	Squad
Nicole		11.00am	Parent/child
Gemma	11.30am	Stage 4	

Wednesday			
Instructor	Location	Time of Lesson	Activity
Nicole	Main	4.30pm	Stage 1
Patsy		4.30pm	Stage 2/3
Nicole		5.00pm	Stage 4/5
Patsy		5.00pm	Stage 2/3
		5.30pm	Stage 7/8

Thursday			
Instructor	Location	Time of Lesson	Activity
Gemma	Main	4.00pm	Stage 7
		5.00pm	Stage 1

Friday			
Instructor	Location	Time of Lesson	Activity
Ant	Main	4.00pm	Stage 4/5
Patsy		4.30pm	Stage 2/3
Ant		4.30pm	Stage 7/8
Ant		5.00pm	Stage 3

### Class Description

Parent/Baby 3mths +  
Parent/toddler 24mths +  
Parent/Child Combined

Ducklings 3-4yrs

Stage 1 - 4yrs + ability to travel 5 mtr with aids

Stage 2-10

1-2-1 private sessions available for children & adults

### Class Capacity

Parent/Baby/Toddler 5  
Pre-School 3-4yrs 5  
Stage 1 - 10 5

**Further information contact Swim Manager -**  
natalie.chislett@nuffieldhealth.com

AUTUMN TERM FEES	Member	Non Mem
14 week term	£147.00	£227.50
Kids term 1-2-1	£402.50	£500.50
1-2-1 - 4 x 30 min	£120.00	£148.00
1-2-1 - 12 x 30min	£324.00	£414.00

Joining mid term-pro-rata fees apply