

Monday

Swim timetable.

121 Lessons

Group Lessons

Exercise & Private Bookings

Time	Class	Location	Instructor	
8:00 - 8:30	121 Lessons [Water Confidence/ Adults]	Pool	Tanya	
8:30 - 9:00	121 Lessons [Water Confidence/ Adults]	Pool	Tanya	
9:00 - 9:30	121 Lessons [Water Confidence/ Adults]	Pool	Tanya	
9:30 - 10:00	121 Lessons [Water Confidence/ Adults]	Pool	Tanya	
10:00 - 10:45	Aqua	Pool	Fitness Team	
11:00 - 13:45	Water Babies	Pool	Water Babies	
14:00 - 14:30	121 Lessons [Adults]	Pool	Lisa	
14:30 - 15:00	121 Lessons [Adults]	Pool	Lisa	
15:00 - 15:30	121 Lessons	Pool	Lisa	
15:30 - 16:00	121 Lessons	Pool	Lisa	
16:00 - 16:30	Stage 4	121 Lessons	Pool	Lisa & Erin
16:30 - 17:00	Stage 6	121 Lessons	Pool	Lisa & Erin
17:00 - 17:30	Stage 2	121 Lessons	Pool	Lisa & Erin
17:30 - 18:00	SEND	121 Lessons	Pool	Lisa & Erin
18:00 - 18:30	SEND	121 Lessons	Pool	Lisa & Erin
18:30 - 19:00	Stage 5	121 Lessons	Pool	Lisa & Erin
19:00 - 19:30	Adult Beginner	121 Lessons	Pool	Lisa & Erin
19:30 - 20:00	Adult Beginner	121 Lessons [Adults]	Pool	Lisa & Erin



Tuesday

Swim timetable.

121 Lessons

Group Lessons

Exercise & Private Bookings

Time	Class		Location	Instructor
8:00 - 8:30	121 Lessons [Water Confidence/ Adults]		Pool	Tanya
8:30 - 9:00	121 Lessons [Water Confidence/ Adults]		Pool	Tanya
9:00 - 9:30	121 Lessons [Water Confidence/ Adults]		Pool	Tanya
9:30 - 10:00	121 Lessons [Water Confidence/ Adults]		Pool	Tanya
10:30 - 11:15	Aqua		Pool	Fitness Team
 				
13:00 - 13:30	121 Lessons [Adults]		Pool	Lisa
13:30 - 14:00	121 Lessons [Adults]		Pool	Lisa
14:00 - 14:30	121 Lessons [Adults]		Pool	Lisa
14:30 - 15:00	121 Lessons [Adults]		Pool	Lisa
15:00 - 15:30	121 Lessons		Pool	Lisa
15:30 - 16:00	121 Lessons		Pool	Lisa
16:00 - 16:30	Ducklings	121 Lessons	Pool	Erin, Lisa & Lucy
16:30 - 17:00	Stage 1	121 Lessons	Pool	Erin, Lisa & Lucy
17:00 - 17:30	Stage 1	121 Lessons	Pool	Erin, Lisa & Lucy
17:30 - 18:00	Stage 3	121 Lessons	Pool	Erin, Lisa & Lucy
18:00 - 18:30	Stage 4	121 Lessons	Pool	Erin, Lisa & Lucy
18:30 - 19:00	Adult Beginner	121 Lessons	Pool	Erin, Lisa & Lucy
19:00 - 19:30	Adult Improver	121 Lessons	Pool	Erin, Lisa & Lucy
19:30 - 20:00	Adult Improver	121 Lessons [Adults]	Pool	Erin, Lisa & Lucy



Wednesday

Swim timetable.

121 Lessons

Group Lessons

Exercise & Private Bookings

Time	Class	Location	Instructor
9:30 - 10:15	Aqua	Pool	Fitness Team
10:15 - 13:15	Water Babies	Pool	Water Babies
16:00 - 16:30	Stage 4	Pool	Lisa
16:30 - 17:00	Stage 5	Pool	Lisa
17:00 - 17:30	121 Lessons	Pool	Lisa
17:30 - 18:00	Stage 3	Pool	Lisa
18:20 - 19:05	Aqua	Pool	Fitness Team
19:00 - 19:30	121 Lessons	Pool	Lisa
19:30 - 20:00	121 Lessons	Pool	Lisa

Thursday

Swim timetable.

Time	Class	Location	Instructor
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

Friday

Swim timetable.

121 Lessons

Group Lessons

Exercise & Private Bookings

Time	Class	Location	Instructor
9:30 - 10:15	Aqua	Pool	Fitness Team
11:00 - 13:00	Water Babies	Pool	Water Babies
16:00 - 16:30	Ducklings	Pool	Lisa
16:30 - 17:00	Stage 1	Pool	Lisa
17:00 - 17:30	Stage 2	Pool	Lisa
17:30 - 18:00	Stage 5	Pool	Lisa
18:00 - 18:30	Stage 5	Pool	Lisa
18:30 - 19:00	Stage 2	Pool	Lisa
19:00 - 19:30	Adult Beginner	Pool	Lisa



Saturday

Swim timetable.

121 Lessons

Group Lessons

Exercise & Private Bookings

Time	Class	Location	Instructor
8:30 - 9:00	121 lesson [Adults]	Pool	Jessica
9:00 - 9:30	Adult Beginner	Pool	Jessica
9:30 - 10:00	Adult Improver	Pool	Jessica
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 5	Pool	Jessica
12:15 - 13:00	Squads	Pool	Jessica
13:00 - 13:30	Stage 1	Pool	Jessica
13:30 - 14:00	Stage 2	Pool	Jessica
14:00 - 14:30	121 Lesson	Pool	Jessica
15:00 - 15:30	Stage 1	Pool	Jessica
15:30 - 16:00	Stage 7	Pool	Jessica
16:00 - 16:30	121 Lesson	Pool	Jessica

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

