



Nuffield Health St Albans Swim Programme September 2019

Day	Class	Time	Teacher
Monday	18-30mths	9.45am	Jessica
Monday	2.5-3.5	10.15am	Jessica
Monday	Starter	10.45am	Jessica
Monday	starter	1.00pm	Jessica
Monday	starter	1.30pm	Jessica
Monday	Nursery	2.00pm	Jessica
Monday	stage 1	4.00pm	Penny
Monday	stage 1	4.00pm	Lise
Monday	stage 6	4.00pm	Sarah Jane
Monday	stage 6	4.00pm	Joanne
Monday	Stage 2	4.30pm	Lise
Monday	Stage 2	4.30pm	Penny
Monday	Stage 5	4.30pm	Sarah Jane
Monday	Stage 5	4.30pm	Joanne
Monday	Stage 8	5.00pm	Lise
Monday	Stage 3 and 4	5.00pm	Penny
Monday	stage 6	5.00pm	Sarah Jane
Monday	stage 3	5.00pm	Joanne
Monday	Stage 5	5.30pm	Lise
Monday	stage 7 and 8	5.30pm	Sarah jane
Monday	stage 4	5.30pm	Joanne
Monday	Rookie	6.00pm	Joanne
Tuesday	2.5-3.5	9.50am	Adam
Tuesday	18-30mths	10.20am	Adam
Tuesday	starter	10.50am	Adam
Tuesday	Adult Beginner	11.55am	Adam
Tuesday	2.5-3.5	12.45pm	Claire W
Tuesday	Starter	1.15pm	Claire W
Tuesday	Starter	1.45pm	Claire W
Tuesday	6-12mths	2.15pm	Claire W
Tuesday	Stage 1	4.00pm	Lisa
Tuesday	Stage 1	4.00pm	Sandra
Tuesday	Stage 5	4.00pm	Joanne
Tuesday	Stage 6	4.00pm	Lise
Tuesday	Stage 1 and 2	4.30pm	Lisa
Tuesday	Stage 1 and 2	4.30pm	Sandra
Tuesday	stage 6/7	4.30pm	Joanne
Tuesday	Stage 5	4.30pm	Lise
Tuesday	Stage 3	5.00pm	Sandra
Tuesday	Rookie	5.00pm	Joanne
Tuesday	Stage 4	5.00pm	Lise
Tuesday	Stage 4	5.30pm	Sandra

Tuesday	stage 7/8/9	5.30pm	Joanne
Tuesday	stage 4	5.30pm	Lise
Tuesday	Rookie	6.00pm	Joanne
Wednesday	starter	10.15am	Jessica
Wednesday	starter	10.45am	Jessica
Wednesday	2.5-3.5	11.15am	Jessica
Wednesday	18-30mth	11.45am	Jessica
Wednesday	starter	1.00pm	Jessica
Wednesday	starter	1.30pm	Jessica
Wednesday	starter	2.00pm	Jessica
Wednesday	Nursery	2.30pm	Jessica
Wednesday	Stage 5	4.00pm	Joanne
Wednesday	Starter	4.00pm	Faith
Wednesday	Stage 1	4.00pm	Penny
Wednesday	Stage 1	4.30pm	Faith
Wednesday	stage 2 and 3	4.30pm	Penny
Wednesday	stage 5	4.30pm	Joanne
Wednesday	Stages 6, 7, 8, 9	4.30pm	Sue
Wednesday	stage 3 and 4	5.00pm	Penny
Wednesday	Rookie	5.00pm	Joanne
Wednesday	stage 3 and 4	5.00pm	Sue
Wednesday	stage 4	5.30pm	Joanne
Wednesday	stage 4	5.30pm	Sue
Thursday	starter	11.00am	Jessica
Thursday	2.5-3.5	11.30am	Jessica
Thursday	Adult Improvers	11.15	Jan
Thursday	starter	1.20pm	Claire H
Thursday	starter	1.50pm	Claire H
Thursday	Nursery	2.20pm	Claire H
Thursday	Stage 1	4.00pm	Lisa
Thursday	Stage 5	4.00pm	Sarah Jane
Thursday	Stage 1	4.00pm	Lise
Thursday	Stage 3 and 4	4.30pm	Lise
Thursday	Stage 6	4.30pm	Sarah jane
Thursday	stage 2	4.30pm	Lisa
Thursday	stage 2	5.00pm	Lise
Thursday	stage 3	5.00pm	Sarah jane
Thursday	stage 6	5.00pm	Lisa
Thursday	Stage 4	5.30pm	Lise
Thursday	Stage 7	5.30pm	Lisa
Thursday	Stage 4	5.30pm	sandra
Friday	Adult Beginner	09.30am	ClaireW
Friday	12-18mths	10.00am	Claire H
Friday	2.5-3.5	10.00am	Claire W
Friday	Starter	10.30am	ClaireW
Friday	18-30mths	10.30am	Claire H
Friday	2.5-3.5	11.00am	Claire H

Friday	6-12mth	11.30am	Claire H
Friday	starter	12.00pm	Claire H
Friday	Starter	1.00pm	Claire W
Friday	Nursery	2.00pm	Claire W
Friday	Stage 1	4.00pm	Penny
Friday	Stage 5	4.00pm	Sarah-Jane
Friday	Stage 6 and 7	4.30pm	Sarah- jane
Friday	Stage 2 and 3	4.30pm	Penny
Friday	Stage 5	5.00pm	Penny
Friday	Stage 3 and 4	5.00pm	Sarah- jane
Friday	stage 4	5.30pm	Penny
Friday	Stage 6 and 7	5.30pm	Sarah- jane
Saturday	Stage 7, 8, 9	9.30am	Sue
Saturday	Stage 5 and 6	10.00am	Sue
Sunday	Stage 5, 6, 7	8.30am	Darren
Sunday	Stage 1	9.00am	Darren
Sunday	Stage 1/2	9.30am	Darren
Sunday	Stage 3	10.00am	Darren
Sunday	Stage 4	10.30am	Darren
Sunday	Stage 4 and 5	11.00am	Darren
Sunday	Stage 5,6,7	11.30am	Darren