



Nuffield Health St Albans Swim September 2021

All enquiries: Jessica.woodruff@nuffieldhealth.com

Day	Class	Time	Teacher
Monday	Adult an Child	10.15am	Jessica
Monday	Duckling	10.45am	Faith
Monday	Duckling	10.45am	Jessica
Monday	Duckling	11.15am	Faith
Monday	Duckling	11.15am	Jessica
Monday	Duckling	1.00pm	Jessica
Monday	Duckling	1.30pm	Jessica
Monday	Nursery	2.00pm	Jessica
Monday	Nursery	2.30pm	Jessica
Monday	stage 2	4.00pm	Lise.C
Monday	stage 1	4.00pm	Penny
Monday	stage 3	4.00pm	Sarah Jane
Monday	Stage 1/2	4.30pm	Lise.C
Monday	stage 2	4.30pm	Penny
Monday	Stage 5	4.30pm	Sarah Jane
Monday	Stage 3	5.00pm	Penny
Monday	stage 7	5.00pm	Sarah Jane
Monday	stage 6	5.00pm	Jessica
Monday	stage 4	5.00pm	Lise.C
Monday	stage 6	5.00pm	Jess
Monday	Squad	5.30pm	Sarah Jane
Monday	Stage 5	5.30pm	Jessica
Monday	stage 4	5.30pm	Lise.C
Tuesday	Adult and Baby	9.50am	Adam
Tuesday	Adult and Child	10.20am	Adam
Tuesday	Duckling	10.50am	Adam
Tuesday	Waterbabies	12.30-3.00pm	Own team
Tuesday	Stage 1	4.00pm	Faith
Tuesday	Stage 1	4.00pm	Penny
Tuesday	Stage 5	4.00pm	Celeste
Tuesday	Stage 3	4.00pm	Lise.C
Tuesday	stage 2	4.30pm	Penny
Tuesday	Stage 2	4.30pm	Faith
Tuesday	Stage 2	4.30pm	Celeste
Tuesday	Stage 5/6	4.30pm	Lise.C
Tuesday	Stage 3	5.00pm	Penny
Tuesday	Stage 3	5.00pm	Celeste
Tuesday	Rookie	5.00pm	Faith
Tuesday	Stage 5/6	5.00pm	Lise.C

Tuesday	stage 4	5.30pm	Penny
Tuesday	Stage 4	5.30pm	Celeste
Tuesday	Squads	5.30pm	Faith
Wednesday	Adult and Child	10.15am	Jessica
Wednesday	Duckling	10.45am	Jessica
Wednesday	Duckling	1.00pm	Jessica
Wednesday	Duckling	1.30pm	Jessica
Wednesday	Nursery	2.00pm	Faith
Wednesday	Nursery	2.30pm	Faith
Wednesday	Stage 2	4.00pm	Jessica
Wednesday	stage 1	4.00pm	Penny
Wednesday	Duckling	4.00pm	Faith
Wednesday	stage 5	4.30pm	Alyson
Wednesday	stage 2	4.30pm	Penny
Wednesday	stage 6 / 7	4.30pm	Sue
Wednesday	stage 1	4.30pm	Faith
Wednesday	stage 3	5.00pm	Penny
Wednesday	Rookie	5.00pm	Alyson
Wednesday	stage 4	5.00pm	Sue
Thursday	Duckling	10.30am	Faith
Thursday	Duckling	11.00am	Faith
Thursday	Adult Improver class	11.15am	Jan
Thursday	Adult and Child	11.30am	Faith
Thursday	Waterbabies	12-1.30pm	Own team
Thursday	Stage 1	4.00pm	Jessica
Thursday	Stage 5	4.00pm	Sarah Jane
Thursday	Stage 1	4.00pm	Faith
Thursday	stage 2	4.30pm	Jessica
Thursday	Stage 6/7	4.30pm	Sarah jane
Thursday	stage 3	4.30pm	Faith
Thursday	stage 2	5.00pm	Faith
Thursday	stage 3	5.00pm	Sarah jane
Thursday	stage 1	5.00pm	Jessica
Thursday	Stage 4	5.30pm	Lisa M
Thursday	Stage 4	5.30pm	Faith
Friday	A and C 2.5-3.5	10.00am	Faith
Friday	A and C 12-18m	10.00am	Claire W
Friday	A and C 18-30m	10.30am	ClaireW
Friday	Duckling 1/2/3/4	10.30am	Faith
Friday	A and B 6-12mths	11.00am	Claire W
Friday	Duckling 1/2/3/4	11.00am	Faith
Friday	Duckling 1/2/3/4	11.30am	Faith
Friday	A and B 6-12Mths	11.30am	ClaireW
Friday	Waterbabies	12.00-2.00pm	Own team
Friday	Stage 1	4.00pm	Faith
Friday	Stage 3	4.00pm	Sarah_Jane
Friday	stage 2	4.30pm	Faith

Friday	Squad	4.30pm	Sarah_Jane
Friday	Stage 4	5.00pm	Faith
Friday	Stage 5	5.00pm	Sarah_Jane
Friday	stage 4 and 5	5.30pm	Faith
Friday	Stage 6 and 7	5.30pm	Sarah_Jane
Saturday	squad	9.30am	Sue
Saturday	Stage 5,6,7	10.00am	Sue
Saturday	Stage 1	10.15am	Dan/Jess
Saturday	Duckling 1/2/3/4	10.15am	Gill
Saturday	stage 1	10.45am	Dan/Jess
Saturday	Stage 2	10.45am	Gill
Saturday	Stage 2	11.15am	Dan/Jess
Saturday	Stage 1	11.15am	Gill
Saturday	Stage 3/4	11.45am	Gill
Sunday	Stage 5, 6, 7	8.30am	Darren
Sunday	Stage 1	9.00am	Darren
Sunday	Stage 2	9.30am	Darren
Sunday	Stage 3	10.00am	Darren
Sunday	Stage 4	10.30am	Darren
Sunday	Stage 5	11.00am	Darren
Sunday	Stage 6/7	11.30am	Darren
Sunday	Adult Beginner	4.00pm	Danielle
Sunday	Adult Improver	4.30pm	Danielle

