

Swimming Lesson Timetable

Stockley Park

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. For further information, please contact **Swim Manager [Ardavan]** ardavan.iravani@nuffieldhealth.com

Monday			
Pool	Instructor	Time	Stage
Main	Vinod	5.00pm	Stage 1
Main	Vinod	5.30pm	Stage 3/4

Friday			
Pool	Instructor	Time	Stage
Main	Vinod	4.00pm	Stage 1
Main	Vinod	4.30pm	Stage 2
Main	Vinod	5.00pm	Stage 3/4
Main	Vinod	5.30pm	Stage 5/6

Tuesday			
Pool	Instructor	Time	Stage
Main	Ashling	4.30pm	Stage 2
Main	Aisling	5.00pm	Stage 3/4
Main	Aisling	5.30pm	Stage 5
Main	Aisling	6.00pm	Stage 6

Thursday			
Pool	Instructor	Time	Stage
Main	Paula	6.00pm	Stage 7/8/9
Main	Paula	7.00pm	Stage 10

Saturday			
Pool	Instructor	Time	Stage
Main	Aisling	9.00am	Baby & Parents
main	Elizabeth	9.00am	Ducklings
Main	Aisling	9.30am	Stage 1
Main	Elizabeth	9.30am	Stage 2
Main	Elizabeth	10.00am	Stage 3/4
Main	Aisling	10.30am	Stage 1
Main	Elizabeth	10.30am	Stage 2
Main	Aisling	11.00am	Stage 6
Main	Elizabeth	11.00am	Stage 5
Main	Ardavan	1.00pm	Stage 7/8/9
Main	Ardavan	2.00pm	Stage 10

1-2-1 private sessions available for children and adults (non members welcome)