

Swimming Lesson Timetable

Stoke Poges

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 [Adani Lovin](mailto:adani.lovin@nuffieldhealth.com) via email at adani.lovin@nuffieldhealth.com

Day	Time	Class	Capacity	Instructor
Monday	11:30	Pre-school	4	Esther
Monday	16:00	Stage 1	4	Karen
Monday	16:00	Stage 2	6	Ellie
Monday	16:30	Stage 3	6	Karen
Monday	16:30	Stage 4	6	Ellie
Monday	17:00	Stage 5	6	Karen
Monday	17:00	Stage 6	6	Ellie

Tuesday	11:30	Parent & Baby	4	Esther
Tuesday	16:00	Stage 1	4	Amanda
Tuesday	16:00	Stage 2	6	Ellie
Tuesday	16:30	Stage 3	6	Amanda
Tuesday	16:30	Stage 4	6	Ellie
Tuesday	17:00	Stage 5	6	Amanda
Tuesday	17:00	Stage 6	6	Ellie

Wednesday	16:00	Stage 1	4	Adani
Wednesday	16:00	Stage 2	4	Ellie
Wednesday	16:30	Duckling	4	Ellie
Wednesday	16:30	Stage 3	6	Adani
Wednesday	17:00	Stage 4	6	Ellie
Wednesday	17:00	Stage 5	6	Adani
Wednesday	17:30	Stage 6	6	Adani
Wednesday	17:30	Stage 7	6	Ellie
Wednesday	18:45	Adult – Improvers	6	Alex
Wednesday	19:30	Adult – Beginners	6	Alex

Thursday	16:00	Stage 1	4	Adani
Thursday	16:00	Duckling	4	Ellie
Thursday	16:30	Stage 3	6	Adani
Thursday	16:30	Stage 2	4	Ellie
Thursday	17:00	Swimfit age 10+	6	Adani
Thursday	17:00	Stage 5	6	Ellie
Thursday	18:45	Adult – Beginners	6	Alex
Thursday	19:30	Adult – Improvers	6	Alex

Saturday	10:00	Duckling	4	Renee
Saturday	10:00	Stage 1	4	Ellie
Saturday	10:30	Stage 2	6	Alex
Saturday	10:30	Stage 3	6	Ellie
Saturday	11:00	Stage 4	6	Alex
Saturday	11:00	Stage 5	6	Ellie
Saturday	11:30	Stage 6	6	Alex
Saturday	12:00	Stage 7	6	Alex

	10:00	Duckling	4	Amanda
Sunday	10:00	Stage 1	4	Karen
Sunday	10:30	Stage 2	6	Karen
Sunday	11:00	Stage 1	4	Amanda

Sunday	11:00	Stage 3	6	Karen
Sunday	11:30	Stage 4	6	Karen
Sunday	12:00	Stage 5	6	Karen

1-2-1 private sessions available for children and adults . Adult classes for members and non