

Swimming Lesson Timetable

Surbiton

Fully qualified Swim England 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 James.Hassall@nuffieldhealth.com**

Monday			
Pool	Instructor	Time	Stage
Teaching Pool	Amanda	9.15am	Duckling 1&2
		9.45am	Duckling 3&4
		10.15am	Parent and baby
		10.45am	Parent and baby 12m-18m
		11.15am	Parent and toddler
Teaching Pool	Pippa	3.30pm	Stage 1
		4.00pm	Stage 1/2
		4.30pm	Stage 3
		5.00pm	Stage 3
		5.30pm	Stage 4
Main pool	Harry	4.00pm	Stage 4
		4.30pm	Stage 5
		5.00pm	Stage 5
		5.30pm	Stage 6
		6.00pm	Stage 7
		6.30pm	Sliver and Gold
Tuesday			
Pool	Instructor	Time	Stage
Teaching Pool	Pippa	3.30pm	Duckling 1&2
		4.00pm	Stage 1/2
		4.30pm	Stage 2
		5.00pm	Stage 3
		5.30pm	Stage 4
		Main pool	Harry
4.30pm	Stage 2		
5.00pm	Stage 5		
5.30pm	Stage 6		
6.00pm	Stage 7		
6.30pm	Sliver and Gold		
Wednesday			
Pool	Instructor	Time	Stage
Teaching Pool	Marion	9.15am	Duckling 1,2,3
		9.45am	Parent and toddler 2
		10.15am	Parent and baby 12m-18m
		10.45am	Parent and baby
		Teaching Pool	Celine
1.30pm	Ducking 3 & 4		
Teaching Pool	James	4.00pm	Stage 1/2
		4.30pm	Stage 3
		5.00pm	Stage 3
		5.30pm	Stage 4
Main pool	Marion	4.00pm	Stage 4
		4.30pm	Stage 5
		5.00pm	Squads
		6.00pm	Squads

Thursday					
Pool	Instructor	Time	Stage		
Teaching pool	James	3.30pm	Duckling 1& 2		
		4.00pm	Stage 1/2		
		4.30pm	Stage 3		
		5.00pm	Stage 3		
		5.30pm	Stage 4		
Main pool	Harry	4.00pm	Stage 4		
		4.30pm	Stage 5		
		5.00pm	Stage 5		
		5.30pm	Stage 6		
		6.00pm	Stage 7		
		6.30pm	Sliver and Gold		
Friday					
Pool	Instructor	Time	Stage		
Teaching pool	Pippa	1.00pm	Parent and Baby		
		1.30pm	Parent and toddler		
		2.00pm	Duckling 1&2		
		2.30pm	Duckling 3&4		
		4.00pm	Stage 4		
Main Pool	Pippa	4.30pm	Stage 5		
		5.00pm	Stage 5		
		5.30pm	Stage 6 & 7		
		Teaching pool	Harry	4.00pm	Stage 1/2
				4.30pm	Stage 3
5.00pm	Stage 3				
5.30pm	Stage 4				
Main pool	Harry	6.00pm	Pre-squads		
		6.30pm	Silver and Gold		
		Teaching pool	Ciara	4.00pm	Duckling 1,2,3
				4.30pm	Stage 1
Main pool	Marion	5.00pm	Stage 2		
		5.30pm	Stage 3		
		6.00pm	Squads		
Saturday					
Pool	Instructor	Time	Stage		
Teaching pool	James	10.00am	Ducklings 1,2,3,4		
		10.30am	Stage 1		
		11.00am	Stage 2		
		11.30am	Stage 3		
		Main pool	12.00pm	Stage 4	