

Swimming Lesson Timetable

[Gloucester]

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 Coordinator, Daisy Bond, daisy.bond@nuffieldhealth.com**

Monday		
Pool	Time	Stage
Main	4.00pm	Pre-school/Stage 1
	4.30pm	Stage 2
	5.00pm	Stage 3
	5.30pm	Stage 4
Lanes	4.00pm	Stage 5
	4.30pm	Stage 6
	5.00pm	Stage 6/7

Thursday		
Pool	Time	Stage
Main	4.00pm	Stage 1
	4.30pm	Stage 2
	5.00pm	Stage 3
	5.30pm	Stage 4
Lane	6.00pm	Stage 5/6

Tuesday		
Pool	Time	Stage
Main	4.00pm	Stage 1/2
Lane	4.00pm	Stage 7
Main	4.30pm	Stage 4
Lane	4.30pm	Stage 5
	5.00pm	Stage 6

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

Wednesday		
Pool	Time	Stage
Main	9.30am	Pre-school
	10.00am	Adult & child
Main	4.00pm	Stage 1/2
	4.30pm	Stage 4
Lane	4.00pm	Stage 5
	4.30pm	Stage 6/7
Main	5.00pm	Stage 3
	5.30pm	Stage 4
Lane	5.00pm	Swim squad

Saturday		
Pool	Time	Stage
Lane	9.00am	Stage 8
	10.00am	Stage 5
Main	9.00am	Stage 1
	9.30am	Stage 2
	10.00am	Stage 3
Lane	10.30am	Stage 6
Main	10.30am	Pre-school/Stage 1
	11am	Adult & Child

Sunday		
Pool	Time	Stage
Lane	9.30am	Stage 5
Main	10.00am	Stage 4
	10.30am	Stage 1
	11.00am	Stage 2/3