

Swimming Lesson Timetable

Tunbridge Wells

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** Rebecca.green@nuffieldhealth.com

Monday			
Pool	Instructor	Time	Stage
Main	Becky	09.30am	Pre-School 1,2,3
		10.00am	Parent & Child
		10.30am	Parent & Toddler
Main	Kenny	4.00pm	Stage 1
		4.30pm	Stage 2
		5.00pm	Stage 3
		5.30pm	Stage 4
		6.30pm	Junior Squad
Main	Zara	4.00pm	Pre-school 1,2,3
		4.30pm	Stage 1
		5.00pm	Stage 2
		5.30pm	Stage 2
		6.00pm	Stage 5

Wednesday			
Pool	Instructor	Time	Stage
Main	Sarah	9.30am	Parent & Baby
		10.00am	Parent & Child
		10.30am	Pre-school 1,2,3
		11.00am	Pre-school non-swimmers
		11.30am	Pre-school swimmers
Main	Zara	4.00pm	Stage 1
		4.30pm	Stage 2
		5.00pm	Stage 3
		5.30pm	Stage 4
Main	Donna	6.00pm	Stage 5
		4.00pm	Pre-school 1,2,3
		4.30pm	Stage 1
		5.00pm	Stage 4
		5.30pm	Stage 5
		6.00pm	Stage 6&7

Tuesday			
Pool	Instructor	Time	Stage
Main	Sarah	2.00pm	Parent & Child
		2.30pm	Pre-school 1,2,3
		3.00pm	Pre-school 4,5,6
		4.00pm	Stage 4
Main	John	4.00pm	Stage 1
		4.30pm	Stage 3
		5.00pm	Stage 4
		5.30pm	Stage 5
		6.00pm	Stage 6&7
Main	Anthony	4.00pm	Stage 2
		4.30pm	Stage 1
		5.00pm	Stage 2
		5.30pm	Stage 3

Thursday			
Pool	Instructor	Time	Stage
Main	Kenny	4.00pm	Stage 2
		4.30pm	Stage 3
		5.00pm	Stage 4
		5.30pm	Stage 6&7
		6.00pm	Junior Squad
Main	John	4.00pm	Stage 1
		4.30pm	Stage 2
		5.00pm	Stage 3
		5.30pm	Stage 4
Main	Anthony	6.30pm	Adult Beginner
		4.00pm	Stage 5
		4.30pm	Stage 4
		5.30pm	Stage 3
		6.00pm	Stage 5

1-2-1 private sessions available for children and adults

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Friday			
Pool	Instructor	Time	Stage
Main	Wendy	4.00pm	Stage 1
		4.30pm	Stage 2
		5.00pm	Stage 3
		5.30pm	Stage 4
		6.00pm	Adult Improver
Main	Donna	4.00pm	Stage 3
		4.30pm	Stage 4
		5.00pm	Stage 5
		5.30pm	Stage 6

Saturday			
Pool	Instructor	Time	Stage
Main	TBC	9.00am	Stage 1
		9.30am	Stage 2
		10.00am	Stage 3
		10.30am	Stage 4
		11.00am	Stage 5&6
		11.30am	Stage 7&8
		12.00am	Stage 1

Sunday			
Pool	Instructor	Time	Stage
Main	Yo	9.00am	Stage 1
		9.30am	Stage 2
		10.00am	Stage 3
		10.30am	Stage 4
		11.00am	Stage 5&6
		11.30am	Stage 7&8
Main	Zara	12.00am	Stage 1
		9.30am	Stage 3
		10.00am	Stage 2
		10.30am	Stage 4