

May 2021 Term Class Descriptions & Times

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| Monday | Pre-school | 10.10, 10.50 |
| Monday | Beginners 1 | 15.40, 16.20, 17.00 |
| Monday | Beginners 2 | 15.50, 16.30, 17.10 |
| Monday | Improvers 1 | 16.00, 16.40, 17.20 |
| Monday | Improvers 2 | 16.10, 16.50, 17.30 |
| Monday | Adult Beginners & Improvers | 2100 – 2200 (from May 17) |
| Tuesday | Pre-school | 12.55, 13.35 |
| Tuesday | Beginners 1 | 15.40, 16.20, 17.00 |
| Tuesday | Beginners 2 | 15.50, 16.30, 17.10 |
| Tuesday | Improvers 1 | 16.00, 16.40, 17.20 |
| Tuesday | Improvers 2 | 16.10, 16.50, 17.30 |
| Wednesday | Parent & Baby | 10.35 |
| Wednesday | Parent & Toddler | 09.55 |
| Wednesday | Pre-school | 09.15 |
| Wednesday | Beginners 1 | 15.40, 16.20, 17.00 |
| Wednesday | Beginners 2 | 15.50, 16.30, 17.10 |
| Wednesday | Improvers 1 | 16.00, 16.40, 17.20 |
| Wednesday | Improvers 2 | 16.10, 16.50, 17.30 |
| Thursday | Beginners 1 | 15.40, 16.20, 17.00 |
| Thursday | Beginners 2 | 15.50, 16.30, 17.10 |
| Thursday | Improvers 1 | 16.00, 16.40, 17.20 |
| Thursday | Improvers 2 | 16.10, 16.50, 17.30 |
| Friday | Beginners 1 | 15.40, 16.20, 17.00, 17.40 |
| Friday | Beginners 2 | 15.50, 16.30, 17.10 |
| Friday | Improvers 1 | 16.00, 16.40, 17.20 |
| Friday | Improvers 2 | 16.10, 16.50, 17.30 |
| Saturday | Beginners 1 | 08.30, 09.10, 09.50, 10.30, 11.10, 11.50, 12.30, 13.10 |
| Saturday | Beginners 2 | 09.10, 09.50, 10.30, 11.10 |
| Saturday | Improvers 1 | 09.20, 10.00, 10.40 |
| Saturday | Improvers 2 | 09.30, 10.10, 10.50 |
| Saturday | Advanced Lengths Half Hour S6 | 11.45, 12.15 |
| Saturday | Advanced Lengths Hour S6+S7 | 11.45 |
| Sunday | Beginners 1 | 08.30, 09.10, 09.50, 10.30, 11.10, 11.50 |
| Sunday | Beginners 2 | 09.10, 09.50, 10.30, 11.10 |
| Sunday | Improvers 1 | 09.20, 10.00, 10.40 |
| Sunday | Improvers 2 | 09.30, 10.10, 10.50 |
| Sunday | Advanced Lengths Hour S6+S7 | 11.45 |

PARENT & BABY

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Get started with our confidence building class for ages 6 months to 2 yrs. Classes held Wednesday mornings only.

(learner pool-parent accompanies)

PARENT & TODDLER

For ages 2 -3yrs. Continue to develop confidence for both parent & child whilst independence starts to be encouraged. Classes held Wednesday mornings only.

(learner pool-parent accompanies)

PRE-SCHOOL

Ages 3 – 4. Develop water confidence through positive play & guided discovery.

(learner pool-parent accompanies). Classes held mornings and early afternoons only.

BEGINNER 1

ASA Stage 1 & 2 level. Ages 4+. Basic, easy to follow practises are developed to improve confidence and ability.

(learner pool-no parent accompaniment unless advised). Classes held after school daily and weekends.

BEGINNER 2

ASA Stage 3 level. Submersion, flotation and independent travel are further encouraged focusing on body position and technique. Swimmers must be able to travel confidently with floats in this class and be able to stand in 1 metre of water. *Classes held after school daily and weekends.*

(main pool-shallow)

IMPROVER 1

ASA Stage 4 level. Swimmers will be taught the key skills required to develop the four main swimming strokes.

The focus will be on refining the kicking action for all strokes. Improvers must be able to confidently travel without support in mid-deep water for this class. *Classes held after school daily and weekends.*

(main pool-middle)

IMPROVER 2

ASA Stage 5 level. Strokes are fine tuned in addition to developing skills such as sculling, treading water & water safety. The aim is to 'improve' the technical ability of each stroke to meet ASA standards over a gradually increasing distance. Swimmers should be able to swim one length confidently on front and back for this class.

Classes held after school daily and weekends.

(main pool-deep)

ADVANCED - ½ HOUR ASA STAGE 6, 1 HOUR ASA STAGE 6, 1 HOUR ASA STAGE 7

Lengths class. Endurance focus for capable swimmers. The laws of strokes will be taught along with the principles of training. Classes available weekend mornings only.

(main pool-deep)

ADULTS

Beginner & Improver level. Available Monday 2100-2200 from May 17.