

## June/July 2021 Term Class Descriptions & Times

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	2030 – 2115 (Beginners ) / 2115-2200 (Improvers)
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	Parent & Baby and Parent & Toddler	14:15 (toddler) 15:00 (baby)
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 Half Hour S6	11.45, 12.15
Sunday	Advanced Lengths Hour S6+S7	11.45, 12.15

### **PARENT & BABY**

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 evenings only.