

Walnuts Leisure Centre – Get Active in Swimming Information Sheet

To check availability and book a place please call the Walnuts on 01689 870533.

Monthly direct debit £22.50 member or £25 non-member (+ **Free swimming during public swims in half term holidays**)

50 session's £230 member or £262 non-member (+ **Free swimming during public swims in all school holidays**)

10 session's £63 member or £71 non member.

Lessons run for 50 weeks of the year.

For adult prices please ask at Reception.

Discovering Duckling Parent and Baby 3 months – 18 months. Building water confidence.

Monday	10:30am
Tuesday	10:00am
Wednesday	10.00am
Friday	9:30am
Saturday	14:30pm (for ages 8 months and above)

Discovering Duckling 2: Parent and Child 18 months – 3 years

Monday	9:30am & 10:00am
Tuesday	9:30am & 10:30am
Wednesday	9:30am & 11:00am
Thursday	09:30am
Friday	10:00am
Saturday	08:00am, 11:30am & 14:30pm (for ages 8 months and above)

Ducklings 3 – 5 years Pre-school Children

Monday	11:00am, 11:30am, 13:00pm 13:30pm & 14:00pm
Tuesday	11:00am, 11:30am 13:00pm, 13:30pm & 14:00pm
Wednesday	10:30am, 11:30am (confident), 13:00pm & 1:30pm
Thursday	10:00am
Friday	10:30am (Beginners), (11:30am pre nervous) 13:00pm (Beginners) & 14:00pm
Saturday	8:00am, 9:30am & 13:00pm

Ducklings 3-5 years Pre-school swimmers children able to swim without aids

Monday	13:30pm
Tuesday	11:30am & 14:00pm
Friday	11:00am & 13:30pm

Stage 1 School age. Unable to swim without aids

Monday	16:00pm, 16:30pm & 18:30pm
Tuesday	16:00pm, 16:30pm, 17:00pm & 18:30pm
Wednesday	16:00pm, 17:00pm, 17:30pm, 18:00pm & (7+) 18:30pm
Thursday	16:00pm, 17:00pm, 17:30pm & 18:00pm
Friday	16:00pm & 17:00pm
Saturday	08:30am, 10:00am, 10:30am, 11:00am, 11:30pm, 12:30pm & 13:00pm

Stage 2 School age. Unable to swim without aids

Monday	16.00pm, 17:00pm & 17:30pm
Tuesday	16.00pm, 17:00pm & 18.00pm
Wednesday	16:00pm, 16.30pm, 17.00pm, & 18.00pm
Thursday	16:00pm & 16.30pm
Friday	16:00pm, 16.30pm, 17.30pm & 18.30pm
Saturday	08:30am, 09.00am, 09.30am, 10:30am, 11:00am, 12.00pm, 12.30pm & 13.30pm

Stage 3 Confident with face in the water and can swim on front & back for 5 meters without floats.

Updated as of 20th June 2017

Monday 16:30pm, 17:30pm, 18:00pm & 18:30pm
Tuesday 16:30pm, 17:30pm & 18:30pm
Wednesday 16:30pm,17:30pm,18:30pm & 19:00pm
Thursday 18:00pm
Friday 16:30pm, 17:00pm, 17:30pm, 18:00pm & 18:30pm
Saturday 9:00am, 10:00am, 11:00am & 14:00pm

Stage 3& 4

Tuesday 16.30pm
Thursday 16.00pm

Stage 4

Monday 17:00pm & 18.00pm
Tuesday 16:00 Lane Swim & 18:00pm
Wednesday 16:00pm,17:00pm,18:00pm & **(7 years+18.30) All Shallow End**
Thursday 16.00pm (Deep End), 17:00pm & 18.00pm (Lane Swimming)
Friday 16.00,17.00pm,18.30pm
Saturday 10:00am,10:30am & 11:30am

Main Pool lessons

Stage 5 Able to swim 10 meters on front and back. Develops stroke, breathing, kicking and arm actions. Deep Water beginners.

Monday 16:00pm & 17:30pm
Tuesday 16:00pm,16:30pm & 17:00pm
Wednesday 16:30pm(**WEAK**), 17:00pm & 17:30pm
Thursday 16:30pm 17:00pm
Friday 16.30pm 17:00pm & 17:30pm
Saturday 10:30am, 11:00am 11.30am & 13:30pm

Stage 6 Able to swim 1 length with ease, front crawl, backstroke and breast stroke with knowledge of butterfly

Monday 16:30pm & 18:00pm
Tuesday 16:30pm & 17:00pm
Wednesday 16:30pm & 17.30pm
Thursday 17:00pm & 17:30pm
Friday 18:00pm
Saturday 9.30am 10:00am 11:00am & 14:00pm

Stage 7 Able to swim 100 meters front crawl, backstroke and breast stroke and 1 length butterfly.

Monday 17:00pm
Tuesday 17:00pm & 17:30
Wednesday 18:00pm & 18:30pm
Thursday 16:30pm & 17:30pm
Friday 18:00pm
Saturday 10:00am & 14:00pm

Stage 8&9 Able to swim 100 meters continuously in all 4 strokes - an alternative to joining a swimming club

Tuesday 17:30pm & 18:30pm
Thursday 18:00pm
Friday 17.30pm
Saturday 9:30am & 10:30am

Additional Needs

Tuesday 18:00pm (Teaching Pool)

Updated as of 20th June 2017

100 mile club Lengths class for children wishing to continue swimming to an even higher level without joining a swimming club.

Thursday 17:30pm & 18:00pm

Rookie Lifeguard A course teaching the pupil to learn lifesaving and survival skills. Must be a strong swimmer at least grade 7 standard.

Thursday 16:00pm & 17:30pm

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To check availability and book a place please call the Walnuts on 01689 870533
Monthly direct debit £28.10 or member £33.75 non-member.
50 sessions' £299 member or £354 non-member.
10 session's £75 member or £90 non-member.
Lessons run for 50 weeks of the year.

Adult – Beginners

Tuesday 19:00pm (**Shallow end of main pool**)

Wednesday 10:00am (**Main pool**) & 19:00pm (**Shallow end of main pool**)

Thursday 18.30pm (**Teaching pool**)

Adult – Improver

Wednesday 9.30am (**Main pool**)

Thursday 9.30am (**Main pool**) & 19:00pm (**Teaching pool**)

Adult – Intermediate

Thursday 19:30pm (**Main pool**)

Adult – Advanced

Thursday 20:00pm (**Main pool**)