

# Swimming Lessons Timetable

Updated as of June 2019

## Discovery Duckling 1&2 (Adult & Baby 3months - 18months)

Day	Time
Thursday	10:00am

## Discovery Duckling 3&4 (Adult & Child 18months – 3years)

Day	Time
Wednesday	11.00am
Thursday	10:30am

## Duckling 1, 2, 3&4 (3-4 years Pre school children )

Day	Time
Monday	1:00pm
Tuesday	1:00pm
Wednesday	10:30am & 1.00pm
Thursday	11.00am & 1:00pm
Friday	10.30am & 1:00pm
Saturday	1:00pm
Sunday	1:00pm & 1:30pm

## Stage 1 – Complete non-swimmers

Day	Time
Monday	4:30pm & 5:00pm
Tuesday	4:00pm & 5:00pm
Wednesday	4:00pm & 5:00pm
Thursday	4:30pm
Friday	4:00pm & 5:00pm
Saturday	9.00am & 12:00pm
Sunday	12:30pm & 3:00pm

## Stage 2 – Able to swim with aids, confident in water

Day	Time
Monday	4:00pm & 5:30pm
Tuesday	4:30pm & 5:30pm
Wednesday	4:30pm
Thursday	4:00pm & 5:00pm
Friday	4:30pm & 5:30pm
Saturday	9.30am & 12:30pm
Sunday	2:00pm & 3:30pm

## Stage 3 – Can swim 5 metres on front and back without aids

Day	Time
Monday	5:00pm & 5:30pm
Tuesday	4:00pm & 5:00pm
Wednesday	4:00pm
Thursday	4:30pm, 5:00pm & 5:30pm
Friday	4:00pm
Saturday	9:30am & 12:30pm
Sunday	12:30pm & 1:30pm

## Stage 4 – Can swim 10 metres front and back in deep water

Day	Time
Monday	4:30pm & 6:00pm
Tuesday	6:00pm
Wednesday	5:00pm & 5:30pm
Thursday	4:00pm
Friday	4:30pm & 5:30pm
Saturday	10:30am & 12:00pm
Sunday	1:00pm

Monthly direct debit £24.80 member or £27.50 non-member + Free swimming during public swims in half term holidays.

50 sessions £253.00 member or £288.00 non-member + Free swimming during public swims in all school holidays.

To book please call us on 01689 857021

Email: [darrickwood.pool@mytimeactive.co.uk](mailto:darrickwood.pool@mytimeactive.co.uk)

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## Stage 5 – able to swim 15-20 metres front crawl, backstroke and breaststroke

Day	Time
Monday	4:00pm & 6:00pm
Tuesday	4:30pm, 5:30pm & 6:00pm
Wednesday	4:30pm & 6:00pm
Thursday	5:30pm
Friday	5:00pm & 6:00pm
Saturday	9:00am & 1:00pm
Sunday	2:00pm & 3:30pm

## Stage 6 – able to swim 20 metres front crawl, backstroke, breaststroke & butterfly

Day	Time
Monday	6:30pm
Tuesday	6:30pm
Wednesday	5:30pm
Thursday	6:00pm
Friday	6:00pm
Saturday	10:30am & 11:30am
Sunday	2:30pm

## Stage 7 – able to swim 50 metres front crawl, backstroke, breaststroke and butterfly

Day	Time
Monday	6:30pm
Tuesday	7:00pm
Wednesday	6:00pm
Thursday	6:00pm & 6:30pm
Friday	6:30pm
Saturday	10:00am & 11:30am
Sunday	4:00pm

## Stage 8 – Lengths class, able to swim 100metres continuously front crawl, backstroke, breaststroke and butterfly

Day	Time
Monday	7:00pm
Tuesday	7:00pm
Wednesday	6:30pm
Thursday	6:30pm & 7:00pm
Friday	6:30pm
Saturday	10:00am & 1:30pm

## Mile Club - Fitness class, 30minutes of continuous swimming working towards each mile

Day	Time
Monday	7:00pm
Wednesday	6:30pm
Thursday	7:00pm
Saturday	11:00am & 1:30pm
Sunday	4:00pm

## Adults -

Day	Time
Monday	7:30pm <b>Improvers</b>
Tuesday	11:30am <b>Mixed Ability</b>
Friday	7:00pm <b>Beginners</b>

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