

Swimming lesson timetable

Information Sheet

To check availability and book a place please call the Pavilion Leisure Centre on 0208 313 9911.

	Junior member	Junior non-member	Adult member	Adult non-member
10 Sessions	£69.30	£78.10	£82.50	£99
38 Sessions (annual)	£211.20	£237	£250.80	£303
Monthly Direct Debit	£18.80	£20.90	£24	£31

Discovery Ducklings 1 & 2

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

Tuesday	10:00am
Thursday	10:00am
Saturday	09:00am

Discovery Ducklings 3 & 4

Parent and Child 18 months – 3 years

Tuesday	09:30am, 10:00am
Thursday	10:30am
Saturday	09:30am, 10:00am

Ducklings

3 – 5 years Pre-school children

Monday	16:00pm, 16:30pm, 17:00pm
Tuesday	09:30am, 10.30am, 16:00pm, 16:30pm, 17:00pm
Wednesday	16:00pm, 16:30pm, 17:00pm
Thursday	09:30am, 10:00am, 10:30am, 16:00pm, 16:30pm, 17:00pm
Saturday	08:00am, 09:00am, 09:30am, 10:00am, 10:30am
Sunday	08:00am, 08:30am

Grade 1 & 2

4+ years Unable to swim without aids

Monday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Tuesday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Wednesday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Thursday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Saturday	08:00am, 8:30am, 9:00am, 9:30am, 10:00am, 10:30am
Sunday	08:30am

To log in to the swimming home portal to check your child's progress visit www.mytimeactive.co.uk/get-active-swimming and click "log in today" to register.

☎ 020 8313 9911

✉ pavilion@mytimeactive.co.uk

mytimeactive
at The Pavilion

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Grade 3 & 4

Confident with face in the water and can swim on front & back for 5 meters without floats. Must be able to swim 10 metres front and back and have a knowledge of breaststroke. Confidence building in deep water incorporating correct breathing techniques as well as treading water.

Monday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Tuesday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Wednesday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Thursday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Saturday	08:00am, 8:30am, 09:00am, 09:30am, 10:00am, 10:30am

Grade 5&6

Able to swim 10 metres on front and back. Develops stroke, breathing, kicking and arm actions. Deep water beginners. Able to swim 25 metres with ease, front crawl, backstroke and breaststroke with knowledge of butterfly.

Monday	16:00pm, 16:30pm, 17:00pm, 17:30pm, 18:00pm
Tuesday	16:00pm, 17:00pm, 17:30pm
Wednesday	16:00pm, 16:30pm, 17:00pm, 17:30pm
Thursday	16:00pm, 16:30pm, 17:00pm, 17:30pm
Saturday	8:30am, 10:30am

Grade 7&8

Able to swim 100 meters front crawl, backstroke and breaststroke and 1 length butterfly. Able to swim 100 metres continuously in all 4 strokes – an alternative to joining a swimming club.

Monday	17:30pm
Tuesday	16:30pm
Thursday	17:30pm
Saturday	08:30am

Adult

Mixed Ability – Confident to put face in the water, able to swim with ease, will build on confidence and technique.

Intermediate – able to swim without floats front and back for 10 metres, developing technique on all strokes and water skills.

Monday	20:00pm (beginner)
Wednesday	20:00pm (beginner), 20:30 (beginner)
Thursday	09:00am (mixed ability), 09:30 (beginner), 09:30am (intermediate)
Sunday	08:00am (beginner)

For any other swimming lesson queries please contact our swimming coordinator by email at victoria.miller@mytimeactive.co.uk.

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