

# Swim lesson timetable

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

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

## Stage 1 & 2 – school age, unable to swim without aids

Day	Time
Monday	4:00pm & 5:00pm
Tuesday	4:00pm, 4:30pm & 5:30pm
Wednesday	4:00pm & 4:30pm
Thursday	4:00pm & 5:30pm
Friday	4:00pm, 4:30pm & 5:30pm
Saturday	9:00am, 10:00am, 12:00pm – <b>stage 2</b> 12:30pm – <b>stage 1</b>
Sunday	12:30pm 1:00pm - <b>stage 1</b> 2:00pm - <b>stage 2</b>

## Stage 3&4 – can swim 5 metres on front and back without floats

Day	Time
Monday	4:30pm & 5:30pm
Tuesday	5:00pm & 6:00pm
Wednesday	5:00pm & 5:30pm
Thursday	4:30pm, 5:00pm & 6:00pm
Friday	5:00pm & 6:00pm
Saturday	9:30am, 10:30am & 11:00am
Sunday	12:30pm - <b>deep</b> & 1:30pm

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

50 sessions £230 member or £262 non-member + Free swimming during public swims in all school holidays.

10 sessions £63 member or £71 non member.

Lessons run for 50 weeks of the year.

To book please call us on 01689 857021

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

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## Stage 5&6 – deep water beginners – able to swim 10 metres front crawl, backstroke and breaststroke

Day	Time
Monday	4:30pm & 5:30pm
Tuesday	4:00pm, 4:30pm & 5:30pm
Wednesday	4:00pm & 4:30pm
Thursday	4:30pm & 5:00pm
Friday	4:00pm, 4:30pm & 6:00pm
Saturday	9:00am, 10:00am & 10:30am
Sunday	2:00pm

## Stage 7– able to swim 20 metres front crawl, backstroke, breaststroke and butterfly

Day	Time
Monday	4:00pm & 5:00pm
Tuesday	5:00pm & 6:00pm
Wednesday	5:00pm & 5:30pm
Thursday	4:00pm, 5:30pm & 6:00pm
Friday	5:00pm & 5:30pm
Saturday	9:30am, 11:00am & 12:00pm
Sunday	2:30pm

## Stage 8&9– Lengths class, able to swim 50 metres continuously front crawl, backstroke, breaststroke and butterfly

Day	Time
Monday (TP)	6:00pm, 6:30pm & 7:00pm
Tuesday	6:30pm & 7:00pm
Wednesday	6:00pm & 6:30pm
Thursday	6:30pm & 7:00pm
Friday	6:30pm
Saturday	11:30am & 1:30pm
Sunday	3:00pm

## Adults – mixed ability

Day	Time
Tuesday	11:00am

## Additional Needs – shallow end class

Day	Time
Sunday	2:30pm

Monthly direct debit £22.50 member or £25 non-member + Free swimming during public swims in half term holidays.  
50 sessions £230 member or £262 non-member + Free swimming during public swims in all school holidays.  
10 sessions £63 member or £71 non member.  
Lessons run for 50 weeks of the year.

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