

Swim lesson timetable

West Wickham Leisure Centre

To check availability and book a place please call West Wickham L.C. on 020 8777 5686

Monthly direct debit £25 (+ free swimming during public swims in half term holidays)

50 session's £262 (+ free swimming during public swims in all school holidays) | 10 session's £71

Lessons run for 50 weeks of the year | For adult prices please ask at Reception

Discovery Duckling 1 & 2

Child is 3 – 18 months.

Building water confidence.

Day	Time
Monday	09.30 11.00
Tuesday	11.00
Wednesday	13.30
Thursday	11.00
Friday	10.00

Discovery Ducklings 3 & 4

Child is 18 months – 3 years.

Day	Time
Monday	10.00 10.30
Tuesday	09.30
Wednesday	10.00 14.00
Thursday	10.00
Friday	09.30 10.30

Ducklings 1 & 2

Pre-school children 3 – 5 years.

Day	Time
Monday	12.00 14.00 14.30
Tuesday	10.00 11.30
Wednesday	09.30 11.00 13.00
Thursday	10.30 11.30
Friday	11.00 12.30 13.30
Saturday	08.00 10.00 10.30

Ducklings 3 & 4

Pre-school children 3 – 5 years who can swim.

Day	Time
Monday	12.30
Tuesday	10.30
Wednesday	10.30 12.30
Thursday	09.30
Friday	09.00 11.30 13.00

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Stage 1

School Age - Unable to swim without aids.

Day	Time
Monday	16.00 17.00 (8yrs +) 17.30
Tuesday	16.00 17.30
Wednesday	16.00 16.30 (8yrs +) 17.30
Thursday	17.00
Friday	15.30 16.00 16.30
Saturday	08.00 11.00

Stage 2

School Age - Able to swim independently.

Day	Time
Monday	16.30 18.00 18.30
Tuesday	16.00 16.30 17.30
Wednesday	16.00 17.00 17.30
Thursday	16.00 16.30 17.30
Friday	16.00 16.30 17.30
Saturday	08.00 08.30 11.00

Stage 3

Confident with face in the water and can swim on front and back for 5 metres without floats.

Day	Time
Monday	17.00 18.30
Tuesday	17.00 17.30 18.00 18.30
Wednesday	16.30 17.00 18.00
Thursday	16.30 17.30 18.00 18.30
Friday	17.00 18.00
Saturday	09.00 10.30 11.30

Stage 4

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.

Day	Time
Monday	16.00 16.30 17.00 18.00 19.00
Tuesday	16.00 18.00 18.30
Wednesday	16.00 16.30 17.00 17.00 (8yrs +) 17.30
Thursday	16.00 17.00 18.30
Friday	16.00 16.30 17.30
Saturday	09.30 11.30 12.00

Stage 5

Able to swim 10 metres on front and back.

Develops stroke, breathing, kicking and arm actions. Deep water beginners.

Day	Time
Monday	16.00 16.30 17.30 18.00
Tuesday	16.00 16.30 17.00 17.30 18.00
Wednesday	16.00 16.30 17.30
Thursday	16.00 16.30 17.00 17.30
Friday	17.00 17.30
Saturday	09.00 09.30 10.30 12.30

Stage 6

Able to swim 25 metres with ease, front crawl, backstroke and breaststroke with knowledge of butterfly.

Day	Time
Monday	16.00 16.30 17.00
Tuesday	16.00 16.30 17.00 18.00 18.30 19.00
Wednesday	16.00 17.30
Thursday	16.00
Saturday	10.00-13.00

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

For more information contact us on 020 8777 5686
or email westwickham@mytimeactive.co.uk

mytimeactive

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Stage 7

Able to swim 100 metres front crawl, backstroke and breaststroke and 1 length butterfly.

Day	Time
Monday	16.00 16.30 17.30
Tuesday	16.00 17.30 18.30 19.00
Wednesday	16.00 16.30 17.0
Thursday	16.30
Saturday	10.00 10.30 13.30

Stage 8

Able to swim 100 metres continuously in all 4 strokes – an alternative to joining a swimming club.

Day	Time
Monday	16.30 17.30
Tuesday	16.00 17.00 19.00
Wednesday	17.00
Thursday	16.30
Friday	18.00
Saturday	10.00 11.00

Stage 9

Must be able to swim competently 400 metres. Introduction to competitive skills including racing starts.

Day	Time
Tuesday	17.00 18.00 18.30
Wednesday	16.30 17.30
Friday	18.00
Saturday	11.30

Stage 10

Must be able to swim competently 800 metres. Swim a continuous 100m IM using recognised starts and turns with a focus on stroke technique and consistency.

Day	Time
Tuesday	16.30 17.30 18.30
Wednesday	16.30 17.30
Saturday	12.00

Rookie Lifeguard

RLSS new water skills foundation programme. Class is designed to bring out the fun and excitement in life saving.

Day	Time
Tuesday	17.30 (Bronze and Silver) 18.00 (Gold – 1 hour)

Mile Club

To develop skills and stamina incorporating water confidence, floating and sculling propulsion techniques and enhancing stamina to stroke development.

Day	Time
Thursday	17.00 (1 hour)

Additional Needs

Day	Time
Monday	17.00 18.00
Tuesday	17.00 17.30 18.00 18.30
Wednesday	16.30 17.00 17.30 18.00 18.30
Saturday	11.30

Adult Beginners

Aim to build water confidence and learn how to swim.

Day	Time
Monday	10.30
Tuesday	12.00 19.00 19.30
Wednesday	12.00

Adult Improver

Enhance swimming ability to progress further.

Day	Time
Monday	11.00
Tuesday	19.30
Wednesday	11.00

Adult Advanced

To build stamina and introduction of all 4 strokes.

Day	Time
Tuesday	19.30
Wednesday	10.00 10.30