

September 2020 Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 – 7.30am	Adult swim		Adult swim	Adult swim			
7.30am - 8.15am	Adult swim		Adult swim	Adult swim			
8.15am - 9am	Adult swim		Adult swim	Adult swim		8am - 1 to 1 lessons	
8.30 – 9.00am						Advanced Stroke	Stroke Development
9.00 – 9.30am	12 - 18 months 6- 12 months	Pre-school	Pre-school	1 to 1 Lessons		Stroke Development	Stroke Intro Beginners
9.30 – 10.00am	Pre-school	18 - 24 months 2 - 3 years	Pre-school	Pre-school	Pre-school	Beginners Stroke Introduction	Pre-school
10.00 – 10.30am	12 - 18 months 18 - 24 months	2 - 3 years	6 - 12 months 12 - 18 months	2 - 3 years	12 - 18 months 2 - 3 years	Beginners Stroke Introduction	2 - 3 years
10.30 – 11.00am	0 - 6 months 6 - 12 months	Pre-school	18 - 24 months 2 - 3 years	1 to 1 Lessons	18 - 24 months 2 - 3 years	Pre-school	12 - 18 months - 24 months
11.00 – 11.30am	2 - 3 years	Aquaerobics	2 - 3 years	Aquaerobics	2 - 3 years Pre School	18 - 24 months - 3 years	0 - 6 months - 12 months
11.30 – 12.00am	18 - 24 months - 3 years		Pre-school		0 - 6 months 6 - 12 months	6 - 12 months - 18 months	1 to 1 Lessons
12.00 – 1pm	Adult swim	Adult swim	Adult swim	Adult swim	Adult swim	1 to 1 Lessons	1 to 1 Lessons
12.30 – 1pm	Adult swim	Adult Swim	Adult swim	Adult swim	Adult swim	1 to 1 Lessons	12.30pm - 1.30pm Private Family Hire
1.00 - 1.30pm	Pre- School	Pre School 6 -12 months	6 - 12 months 12 - 18 months	Pre-school	Pre-school	1 to 1 Lessons	
1.30 – 2.00pm	Private Fun Swim 1 to 1	12 - 18 months 18 - 24 months	18 - 24 months 2 - 3 years	0 - 6 months - 12 months	Private Booking Sept	1 to 1 Lessons	1.30pm - 2.30pm Private Family Hire
2.00 – 2.30pm		Adult Beginners	Pre- School	12 - 18 months 18 - 24 months		Beginners	
2.30 – 3.00pm	Aquaerobics - Over 50's			Over 50's Adult Swim	2 - 3 years	1 to 1 Lessons	0 - 6 months 6 - 12 months
3.00 – 3.30pm			Over 50's Adult Swim		1 to 1 Lessons	12 - 18 months 18 - 24 months	
3.45 – 4.15pm	1 to 1 Lessons	1 to 1 Lessons	1 to 1 Lessons	1 to 1 Lessons	1 to 1 Lessons	2 - 3 years	3.30pm - 4.30pm Private Family Hire
4.15 – 4.45pm	Beginners Beginners	Beginners Beginners	Beginners Beginners	Beginners Beginners	Beginners Beginners	Pre-school	
4.45 – 5.15pm	Beginners Stroke Introduction	Beginners Stroke Introduction	Beginners Stroke Introduction	Beginners Stroke Introduction	Beginners Beginners		Staff Training
5.15 – 5.45pm	Beginners Stroke Introduction	Beginners Stroke Introduction	Beginners Stroke Introduction	Beginners Stroke Introduction	Stroke Introduction Stroke Introduction		
5.45 – 6.15pm	Stroke Development	Stroke Development	Stroke Development	Stroke Development	Stroke Development		
6.15 – 6.45pm	Advanced Stroke Work	Advanced Stroke Work	Advanced Stroke Work	Advanced Stroke Work	Advanced Stroke Work		
6.45 – 7.15pm	Pre - Coaching	Pre - Coaching 1 to 1	Pre - Coaching	1 to 1 Lessons	Pre - Coaching		
7.15 – 7.45pm	1 to 1 Lessons	1 to 1 Lessons	Coaching	Aquaerobics 7.15pm - 8pm	Coaching		
7.45 – 8.15pm	Adult swim 7.45pm - 8.30pm	Adult swim 7.45pm - 8.30pm		Adult swim 7.45pm - 8.30pm			
8.15 – 9pm	8.30pm - 9.15pm Adult swim		Adult swim 8.15pm - 9pm	8.30pm - 9.15pm Adult swim			

KEY: Pre - bookable Lessons Adult Session -Pre Booked Pre Booked 1 to 1 lessons

For Further Info please contact Swimming Tales 01268 786786 - info@swimmingtales.co.uk