

# Lesson Programme

## Monday 7th January - Saturday 16th March 2019

Class	Day	Time	Code	Teacher	Class	Day	Time	Code	Teacher
Main Pool - Shallow End - Widths					Main Pool - Deep End - Widths/Lengths				
Octopus 2/3	Wed	4.30pm	OCT21	Karen	Goldfish 3	Tue	4.30pm	OLD31	Karen
Main Pool - Shallow End - Widths					Goldfish 3	Wed	4.30pm	OLD32	Julie
Goldfish 1	Tue	4.00pm	OLD11	Karen	Goldfish 3	Fri	5.00pm	OLD33	Laura
Goldfish 1	Tue	5.30pm	OLD12	Laura	Goldfish 3	Sat	9.00am	OLD34	Laura
Goldfish 1	Wed	4.00pm	OLD13	Julie	Main Pool - Deep End - Lengths				
Goldfish 1	Fri	4.00pm	OLD14	Julie	Angelfish 1	Tue	5.00pm	ANG11	Laura
Goldfish 1	Sat	9.30am	OLD15	Julie	Angelfish 1	Wed	5.00pm	ANG12	Julie
Goldfish 1	Sat	10.00am	OLD16	Laura	Angelfish 1	Sat	10.30am	ANG13	Laura
Main Pool - Deep End - Widths / Lengths					Main Pool - Lengths				
Goldfish 2	Tue	4.00pm	OLD21	Julie	Angelfish 2	Tue	4.30pm	ANG21	Julie
Goldfish 2	Tue	5.30pm	OLD22	Karen	Angelfish 2	Wed	5.30pm	ANG22	Kirsty
Goldfish 2	Wed	4.00pm	OLD23	Karen	Angelfish 2	Sat	11.00am	ANG23	Julie
Goldfish 2	Fri	4.30pm	OLD24	Laura	Main Pool - Lengths				
Goldfish 2	Sat	9.00am	OLD25	Julie	Angelfish 3	Tues	5.00pm	ANG31	Karen
Goldfish 2	Sat	9.30am	OLD26	Laura	Main Pool - Lengths				
					Shark 1/2/3	Wed	5.00pm	ARK11	Kirsty

Class Description	
CLASS	ABILITY
Octopus 2/3	3-5 metres on front & back and must be over 1.2 metres tall

### Class Description

CLASS	ABILITY
Goldfish 1	10 metres frontcrawl & backstroke and 5m breaststroke
Goldfish 2	10 metres frontcrawl, backstroke and breaststroke
Goldfish 3	25 metres frontcrawl & backstroke and 15 metres breaststroke

All the classes below need to be completed without stress with a recognised ASA stroke

CLASS	ABILITY
Angelfish 1	25 metres frontcrawl, backstroke & breaststroke
Angelfish 2	50 metres (25m frontcrawl & 25m backstroke) & 25 metres breaststroke
Angelfish 3	75 metres (25m frontcrawl, 25m backstroke & 25m breaststroke) & 10 metres butterfly
Shark 1	50 metres on frontcrawl, 50 metres backstroke, 50 metres breaststroke & 10 metres butterfly
Shark 2	75 metres on frontcrawl, 75 metres backstroke, 75 metres breaststroke & 15 metres butterfly
Shark 3	100 metres on frontcrawl, 100 metres backstroke, 100m metres breaststroke & 25 metres butterfly