

Lesson Descriptions

Parent and baby and Pre-school lessons Term Time only

Starfish 1 - 2: 5 - 12 months

Introducing babies to water.

Teaching parents techniques to build babies confidence in water.

Starfish 3 - 4: 12 - 24 months

Continuing from Starfish 1 and 2 or as a starter class for older babies.

Starfish 5 - 6: 24 - 36 months

Fun in the water, slowly introducing independence from parent/guardian.

STAnley 2: 24 - 48 months

For children who can stand on their own in all areas of the teaching pool.

Parent/Guardian in the water.

STAnley 3 - 4: 3 - 4 years

For children who can stand and walk in the teaching pool.

Introducing floating and basic swim techniques using floats.

Parents/Guardians not in the water.

STAnley 5 - 6:

For children who can swim 3/5m on front and back

Parents/Guardians not in the water.

4+years 10 Week course

Octopus 1:

For children with no water confidence. Building confidence, progressing onto swimming with floats and teaching children to confidently put their face in the water.

Octopus 2:

for children able to swim with the use of buoyancy aids. Must be able to take feet off the bottom of the pool and put their

Octopus 3:

For children able to swim at least 3 metres unassisted.

Parent and Baby Term Time course:

Class	Day	Time	Age
Starfish 1 - 2	Wednesday	1:00pm	4 -12 Months

Starfish 3 - 4	Monday	10:00am	12 - 24 Months
Starfish 3 - 4	Tuesday	10:30am	12 - 24 Months
Starfish 3 - 4	Wednesday	1:30pm	12 - 24 Months

Starfish 5 - 6	Monday	10:30am	24-36 Months
Starfish 5 - 6	Tuesday	11:00am	24-36 Months

STAnley 2	Monday	11:00am	24 months +
Stanley 2	Tuesday	11:30am	24 months +
Stanley 2	Thursday	12:00pm	24 months +

Pre-School Lessons Term Time Course:

Stanley 3	Monday	11:30am	3 + years
Stanley 3	Monday	12:00pm	3 + years
Stanley 3	Tuesday	12:00pm	3 + years
Stanley 3	Wednesday	2:00pm	3 + years
Stanley 3	Thursday	12:30pm	3 + years
Stanley 3	Thursday	1:00pm	3 + years
Stanley 4	Monday	12:30pm	3 + years
Stanley 4	Tuesday	12:30pm	3 + years
Stanley 4	Wednesday	2:30pm	3 + years
Stanley 4	Thursday	1:30pm	3 + years
Stanley 4	Thursday	2:00pm	3 + years
Stanley 5	Tuesday	1:00pm	3 + years
Stanley 5	Thursday	2:30pm	3 + years
Stanley 6	Tuesday	1:30pm	3 + years

10 week courses:

Class	Day	Time	Age
Octopus 1	Thursday	4:00pm	4 years +
Octopus 1	Friday	4:00pm	4 years +

Octopus 2	Monday	4.00pm	4 + years
Octopus 2	Monday	4.30pm	4 + years
Octopus 2	Wednesday	5:00pm	4 + years
Octopus 2	Wednesday	5.30pm	4 + years
Octopus 2	Thursday	4:30pm	4 + years
Octopus 2	Friday	4:30pm	4 + years
Octopus 2	Saturday	8:30am	4 + years

Octopus 3	Monday	5:00pm	4 + years
Octopus 3	Monday	5:30pm	4 + years
Octopus 3	Tuesday	4:00pm	4 + years
Octopus 3	Tuesday	6:00pm	5 + years
Octopus 3	Wednesday	6:00pm	4 + years
Octopus 3	Thursday	5:00pm	4 + years
Octopus 3	Friday	5:00pm	4 + years
Octopus 3	Saturday	9:00am	4 + years
Octopus 3	Saturday	9:30am	4 + years