

Sevenoaks Leisure Centre Main Pool Swimming Lesson Programme

GOLDFISH 1

for children able to swim 1 length of the teaching pool (10m) on front or back unaided. Must be able to fully submerge their body to pick up a brick from the bottom of the pool and demonstrate a mushroom float.

GOLDFISH 2

as per goldfish 1, plus: must be able to fully submerge themselves for 5 seconds and float on front and back. Must be able to attempt at least 5 metres of a second stroke on their front.

GOLDFISH 3

as per goldfish 2, plus: for children able to swim 15m front and back with good technique.

ANGELFISH 1

For children able to swim 15m front crawl, backstroke and breaststroke. Plus push and glide into a forward somersault and demonstrate buoyancy and floatation control.

ANGELFISH 2

For children able to swim 20m front crawl, backstroke and breaststroke in addition to the skills of Angelfish 1.

ANGELFISH 3

For children able to swim 25m front crawl, backstroke and breaststroke, in addition to the skills of Angelfish 2.

SHARK 1

For children who can swim 50m front crawl and backstroke plus 25m breaststroke with good technique. Must be able to demonstrate at least 10m butterfly and be comfortable in deep water.

SHARK 2/3

For children able to swim 75/100m front crawl and backstroke and 50/75m breaststroke with good technique. Must also be able to demonstrate 15/25m butterfly in

Sevenoaks Leisure Centre

Main Pool Lesson Programme

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10 week courses:

Class	Day	Time	Age
Goldfish 1	Monday	6:00pm	4+ years
Goldfish 1	Tuesday	4:30pm	4+ years
Goldfish 1	Wednesday	4:30pm	4+ years
Goldfish 1	Wednesday	6:30pm	4+ years
Goldfish 1	Thursday	4:00pm	4+ years
Goldfish 1	Friday	4:30pm	4+ years
Goldfish 1	Friday	4:30pm	4+ years
Goldfish 1	Saturday	10:00am	4+ years
Goldfish 1/2	Tuesday	5:00pm	4+ years
Goldfish 2	Thursday	4:30pm	4+ years
Goldfish 2	Friday	5:30pm	4+ years
Goldfish 2	Saturday	10:30am	4+ years
Goldfish 2/3	Monday	6:30pm	4+ years
Goldfish 3	Tuesday	5:30pm	4+ years
Goldfish 3	Thursday	5:00pm	4+ years
Goldfish 3	Friday	6:00pm	4+ years
Goldfish 3	Saturday	11:00am	4+ years
Angelfish 1	Monday	4:30pm	4+ years
Angelfish 1	Friday	5:00pm	6+ years
Angelfish 1	Saturday	9:30am	6+ years

Class	Day	Time	Code
Angelfish 2	Saturday	10:00am	6+ years
Angelfish 2 /3	Monday	17:00	6+ years
Angelfish 2/3	Friday	5:30pm	6+ years
Angelfish 3	Saturday	10:30am	6+ years
Angelfish 3 / Shark 1	Saturday	9:00am	6+ years
Shark 1	Tuesday	4:00pm	6+ years
Shark 1	Friday	5:00pm	6+ years
Shark 1/2	Monday	5:30pm	6+ years
Shark 2/3	Friday	6:00pm	6+ years
Shark 2	Tuesday	4:30pm	6+ years
Shark 2	Friday	5:30pm	6+ years
Shark 3	Tuesday	5:00pm	6+ years
Shark 3	Friday	6:00pm	6+ years
Bronze Swim	Tuesday	5:30pm	6+ years
Silver swim	Tuesday	6:00pm	6+ years
Gold + Platinum Swim	Tuesday	6:30pm	6+ years
Adult Beginner + intermediate	Wednesday	7:00pm	16 +