

**Swimming Lesson Programme**  
**Courses run week commencing Monday 24th May to weekending Saturday 31st July**

As of Wednesday 2nd June this is the availability of swimming Lesson classes  
 Please contact reception to check the current availability as these figures will change daily

Class	Day	Time	Code	Space available	Class	Day	Time	Code	Space available	Class	Day	Time	Code	Space available
Stanley 3	Fri	2.00pm	STA32	Full	Small Pool 6+ years					Angelfish 1	Tues	5.00pm	ANG11	Full
Stanley 4	Fri	2.30pm	STA43	Full	Goldfish 1	Mon	5.30pm	OLD11	Space available	Angelfish 1	Wed	5.00pm	ANG12	Space available
Stanley 5	Fri	1.30pm	STA51	Space available	Goldfish 1	Wed	5.00pm	OLD12	Space available	Angelfish 1	Fri	4.00pm	ANG13	Space available
				0	Goldfish 1	Thur	4.00pm	OLD13	Space available	Angelfish 1	Sat	10.00am	ANG14	Space available
Stanley 3	Mon	4.00pm	STA33	Full	Goldfish 1	Fri	4.00pm	OLD14	Space available	Main Pool - Lengths				
Stanley 3	Tue	4.00pm	STA34	Full	Goldfish 1	Sat	10.00am	OLD15	Space available	Angelfish 2	Tues	4.30pm	ANG21	Full
Stanley 3	Fri	4.30pm	STA36	Full						Angelfish 2	Wed	5.30pm	ANG22	Full
Stanley 3	Sat	9.00am	STA37	Space available	Goldfish 2	Tue	4.00pm	OLD21	Full	Angelfish 2	Sat	10.00am	ANG23	Space available
Small Pool 4 & 5 years					Goldfish 2	Tue	5.30pm	OLD22	Full	Main Pool - Lengths				
Stanley 4	Mon	5.00pm	STA44	Full	Goldfish 2	Wed	4.00pm	OLD23	Full	Angelfish 3	Tues	4.30pm	ANG31	Space available
Stanley 4	Tue	4.30pm	STA45	Space available	Goldfish 2	Fri	5.00pm	OLD24	Full	Angelfish 3	Sat	10.30am	ANG33	Space available
Stanley 4	Fri	5.00pm	STA46	Full	Goldfish 2	Sat	9.00am	OLD25	Full	Main Pool - Lengths				
Stanley 4	Sat	9.30am	STA47	Full	Goldfish 2	Sat	9.30am	OLD26	Full	Shark 1	Tues	5.00pm	ARK11	Space available
Small Pool 4 & 5 years										Shark 1	Fri	5.30pm	ARK12	Space available
Stanley 5	Tue	5.00pm	STA52	Full	Goldfish 3	Tue	4.00pm	OLD31	Full	Shark 1/2	Sat	10.30am	ARK13	Space available
Stanley 5	Wed	4.00pm	STA53	Space available	Goldfish 3	Tue	5.30pm	OLD32	Full	Main Pool - Lengths				
Stanley 5	Thur	4.30pm	STA54	Space available	Goldfish 3	Wed	4.30pm	OLD33	Space available	Shark 2/3	Wed	5.30pm	ARK21	Space available
Stanley 5	Sat	11.00am	STA55	Full	Goldfish 3	Sat	9.00am	OLD34	Space available	Shark 2/3	Fri	4.30pm	ARK22	Space available
Stanley 5	Sat	11.30am	STA56	Space available	Goldfish 3	Sat	9.30am	OLD35	Space available	Adults				
Small Pool 4 & 5 years										Adults	Thur	6.00pm	ADU1	Space available
Stanley 6	Mon	4.30pm	STA61	Space available						Adults	Sat	11.00am	ADU2	Space available
Stanley 6	Tue	5.30pm	STA62	Space available										
Stanley 6	Wed	4.30pm	STA63	Full										
Stanley 6	Fri	5.30pm	STA64	Space available										
Stanley 6	Sat	10.30am	STA65	Full										

### Class Description

CLASS	ABILITY
STAnley 3	Non Swimmer
STAnley 4	Confident Non Swimmer
STAnley 5	3 metres on Front and Back
STAnley 6	5 Metres on front & back
Goldfish 1	5 - 10 metres front, back and metres breaststroke 3
Goldfish 2	10 metres front and back without stress & 5 metres breaststroke
Goldfish 3	15 metres front & back and metres breaststroke 10

All the classes below need to be completed without stress with a recognised ASA stroke	
CLASS	ABILITY
Angelfish 1	25 metres frontcrawl, 25 metres backstroke and metres breaststroke 15
Angelfish 2	50 metres (25m frontcrawl & 25m backstroke) and 25 metres breaststroke
Angelfish 3	75 metres (25m frontcrawl, 25m backstroke and 25m breaststroke) 10 metres butterfly
Shark 1	50 metres on frontcrawl, 50 metres backstroke, 25 metres breaststroke and 10 metres butterfly
Shark 2	75 metres on frontcrawl, 75 metres backstroke, metres breaststroke and 15 metres butterfly 50
Shark 3	100 metres on frontcrawl, 100 metres backstroke, 75 metres breaststroke and 25 metres butterfly

**Courses run week commencing Monday 19th April to weekending  
Saturday 10th July**

**As of Wednesday 2nd June this is the availability of swimming Lesson classes -  
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change daily**

<b>Class</b>	<b>Day</b>	<b>Time</b>	<b>Code</b>	<b>Space available</b>
Starfish 1/2	Tues	10.30am	STAR1	Space available
Starfish 1/2	Thurs	9.30am	STAR2	Space available
Starfish 3-6	Tues	11.00am	STAR3	Space available
Starfish 3-6	Thurs	10.00am	STAR4	Space available
STAnley 1/2	Tues	10.00am	STA11	Space available
STAnley 1/2	Thurs	10.30am	STA12	Full
STAnley 2/3	Thurs	10.00am	STA21	Space available
STAnley 3	Tue	11.30am	STA30	Full
STAnley 3	Thurs	11.30am	STA31	Space available
STAnley 4	Thurs	12.00pm	STA41	Full

**Class Discription**

<b>Class</b>	<b>Age</b>	<b>Ability</b>
Starfish 1/2	6 - 12 months	Parent in the water
Starfish 3-6	12 - 24 months	Parent in the water
STAnley 1/2	2 - 3 years	Parent in the water
STAnley 2/3	2 1/2 - 3 years	Parent in the water
STAnley 3	3 - 4 1/2 years	Non swimmer
STAnley 4	3 1/2 - 4 1/2 years	Confident non swimmer