

Sevenoaks Swimming Lesson Timetable

Parent and Baby Term Time course:			Pre-School Lessons Term Time Course:		
Parent and Baby 0-1 year olds			Currently Parents will remain in the water to assist		
Discovery Ducklings 1	Tuesday	11:00am	Duckling 1 will see children start to move by themselves in the water.		
Discovery Ducklings 1	Wednesday	1:00pm	Ducklings 1 - 2	Tuesday	1:00pm
Parent and Baby 1-2 year olds			Ducklings 1	Wednesday	2:00pm
Discovery Ducklings 2	Tuesday	11:30am	Ducklings 1	Thursday	12:30pm
Discovery Ducklings 2	Wednesday	1:30pm	Ducklings 1	Thursday	1:00pm
Parent and Baby 2-4 year olds			Duckling 2 and 3 develop the skills learnt in Duckling 1		
Discovery Ducklings 3	Tuesday	12:00pm	Ducklings 2 - 3	Wednesday	2:30pm
Discovery Ducklings 4	Tuesday	12:30pm	Ducklings 2	Thursday	1:30pm
Discovery Ducklings 4	Thursday	12:00pm			
After School Lessons - Teaching Pool					
Stage 1	Monday	4:10pm	Stage 2	Monday	4:40pm
Stage 1	Tuesday	4:40pm	Stage 2	Monday	5:10pm
Stage 1	Wednesday	4:10pm	Stage 2	Tuesday	4:10pm
Stage 1	Wednesday	4:40pm	Stage 2	Tuesday	5:10pm
Stage 1	Thursday	4:10pm	Stage 2	Wednesday	5:10pm
Stage 1	Friday	4:10pm	Stage 2	Wednesday	5:40pm
Stage 1	Friday	5:40pm	Stage 2	Thursday	4:40pm
Stage 1	Saturday	8:40am	Stage 2	Thursday	5:10pm
			Stage 2	Friday	4:40pm
Stage 1	For Children 4 years + not yet water confident.		Stage 2	Friday	5:10pm
Stage 2	For children who are water confident and able to travel a distance of 5 metres on front and back with floats.		Stage 2	Saturday	9:10am
			Stage 2	Saturday	9:40am
After School Lessons - Main Pool					
Stage 3	For Children who can very confidently swim 5 metres + on front & back without aids.		Stage 5	For children who can swim 15 metres on their front & back, 10 metres breaststroke and 10 metres dolphin leg action.	
Stage 3	Monday	4:05pm	Stage 5	Monday	4:35pm
Stage 3	Monday	5:40pm	Stage 5	Monday	5:05pm
Stage 3	Tuesday	4:00pm	Stage 5	Tuesday	4:05pm
Stage 3	Tuesday	5:40pm	Stage 5	Tuesday	5:00pm
Stage 3	Thursday	4:00pm	Stage 5	Thursday	4:05pm
Stage 3	Thursday	4:30pm	Stage 5	Friday	5:00pm
Stage 3	Thursday	4:35pm	Stage 5	Friday	4:25pm
Stage 3	Friday	4:00pm	Stage 5	Saturday	10:00am
Stage 3	Friday	4:30pm	Stage 5	Saturday	11:10am
Stage 3	Saturday	9:00am			
Stage 3	Saturday	10:10am	Stage 6	For children who can perform all strokes to the given standard as directed by the Swim England and swim a distance of 25 metres	
Stage 4	For children who can very confidently swim 10 metres on front & back, and 5 metres breaststroke.		Stage 6	Monday	4:30pm
Stage 4	Monday	4:00pm	Stage 6	Monday	5:35pm
Stage 4	Monday	6:10pm	Stage 6	Tuesday	4:35pm
Stage 4	Tuesday	4:30pm	Stage 6	Friday	4:35pm
Stage 4	Tuesday	6:10pm	Stage 6	Friday	4:55pm
Stage 4	Thursday	4:05pm	Stage 6	Saturday	10:30am
Stage 4	Thursday	4:35pm			
Stage 4	Friday	3:55pm	Stage 7	For children who can perform all strokes to the given standard as directed by the Swim England and can swim a distance of 50 metres.	
Stage 4	Friday	4:05pm	Stage 7	Monday	5:00pm
Stage 4	Saturday	9:30am	Stage 7	Tuesday	5:05pm
Stage 4	Saturday	10:40am	Stage 7	Saturday	11:00am
Stages 8 - 10	Stages 8 - 10 follows on from the Swim England Learn to Swim framework 1 - 7. It is targeted at competent and confident swimmers, who want to develop discipline and competitiveness.		Stage 7/8	Friday	5:05pm
			Stage 8	Tuesday	5:35pm
			Stage 9 and 10	Tuesday	6:05pm