



ST JOSEPH'S
SWIM SCHOOL

Swim School Timetable

Swimming lessons for age 4+ following the Swim England Learn to Swim programme.

New for Adults – Swimming Lessons for Beginners and Improvers.

TIME	MONDAY		TIME	TUESDAY		TIME	THURSDAY			TIME	SATURDAY		
16:00 - 16:30	STAGE 1	STAGE 2	16:30 - 17:00	STAGE 1	STAGE 2	16:00 - 16:30	STAGE 1	STAGE 2	STAGE 3	08:30 - 09:00	STAGE 1	STAGE 2	STAGE 3
16:30 - 17:00	STAGE 1	STAGE 2	17:00 - 17:30	STAGE 1	STAGE 3	16:30 - 17:00	STAGE 1	STAGE 2	STAGE 3	09:00 - 09:30	STAGE 1	STAGE 2	STAGE 3
17:00 - 17:30	STAGE 1	STAGE 3	17:30 - 18:00	STAGE 2	STAGE 3	17:00 - 17:30	STAGE 1	STAGE 2	STAGE 3	09:30 - 10:00	STAGE 1	STAGE 2	STAGE 3
17:30 - 18:00	STAGE 2	STAGE 3	TUESDAY WOMEN ONLY EVENINGS			17:30 - 18:00	STAGE 1	STAGE 2	STAGE 3	10:00 - 10:30	STAGE 1	STAGE 2	STAGE 4
18:00 - 18:30	STAGE 3	STAGE 4				18:00 - 18:30	STAGE 1	STAGE 3	STAGE 4	10:30 - 11:00	STAGE 1	STAGE 5	STAGE 6
18:30 - 19:00	STAGE 4	STAGE 5				18:15 - 19:00	WOMEN ONLY Beginners	WOMEN ONLY Intermediate	18:30 - 19:00	STAGE 2	STAGE 4	STAGE 5	11:00 - 11:30
19:15 - 20:00	Adult Beginners	Adult Intermediate	19:00 - 19:45	WOMEN ONLY Beginners	WOMEN ONLY Intermediate	19:00 - 19:30	Older Beginners	STAGE 6	FITNESS	11:30 - 12:00	STAGE 5	STAGE 4	Older Beginners 8+