



SCALLOWAY POOL CLASS TIMETABLE

January 6th to March 27th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	INFO
1400 Pre-school 2	1530 SS1B & 2	1430 Pre-school 1	1400 Pre-school 2	<ul style="list-style-type: none"> • Pre School 1 for age 3-5 to become water confident • Pre School 2 for age 3-5 who are confident and out of armbands • Pre school 3 for age 3-5 who are fully water confident and are swimming unaided • Level 1 to further develop water confidence and develop core aquatic skills without buoyancy aids • Level 2 to increase the competency of the core aquatic skills and develop basic stroke technique • Level 3 to introduce more advanced stroke technique and achieve Triple S standard • Level 4 to improve the quality of stroke technique, introduce multi aquatic skills/disciplines and basic lifesaving skills • Club Ready to improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is 'Club Ready' <p>Contact Reception for more information</p> <p>Telephone 01595 807716</p> <p>Richie Gardner (Manager) richie.gardner@srt.org.uk</p>
1430 Pre-school 1	1600 SS1A & 3	1500 Pre-school 3	1430 Pre-school 3	
1530 SS1B & 2	1630 SS1A	1530 Swim skills 1A	1530 SS1B & 3	
1600 SS1B & 3	1700 SS1B	1600 Swim skills 2	1600 SS1A	
1630 SS1A	1730 SS4	1630 Swim Skills 3	1630 Club Ready Coaching	
1805 Aqua Fitness Class			1700 SS4	

