



# SOUTH MAINLAND POOL SWIM SKILLS TIMETABLE

January 6th to March 27th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	INFO
1545 LEVEL 1A (beginners)	1330 PRE SCHOOL BEG	1500 PRE SCHOOL IMP	1200 ADULT & CHILD	<ul style="list-style-type: none"> <li><b>Adult &amp; child</b> for age 2-3 to develop core aquatic skills and develop the independence necessary for the next level</li> <li><b>Pre School</b> for age 3-5 to become water confident and develop core aquatic skills</li> <li><b>Level 1</b> to further develop water confidence and develop core aquatic skills without buoyancy aids</li> <li><b>Level 2</b> to increase the competency of the core aquatic skills and develop basic stroke technique</li> <li><b>Level 3</b> to introduce more advanced stroke technique and achieve Triple S standard</li> <li><b>Level 4</b> to improve the quality of stroke technique, introduce multi aquatic skills/disciplines and basic lifesaving skills</li> <li><b>Club Ready</b> to improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is 'Club Ready'</li> </ul> <p><b>Contact the SMP Reception for more information</b></p> <p><b>Telephone 01595 807719</b></p> <p><b>Liam Summers (Senior Rec. Assistant) <a href="mailto:liam.summers@srt.org.uk">liam.summers@srt.org.uk</a></b>  <b>Richie Gardner (Manager) <a href="mailto:richie.gardner@srt.org.uk">richie.gardner@srt.org.uk</a></b></p>
1545 LEVEL 2	1400 PRE SCHOOL IMP	1530 LEVEL 1A (beginners)	1230 PRE SCHOOL BEG	
1615 LEVEL 1A (beginners)	1530 LEVEL 1A (improvers)	1600 LEVEL 1A (improvers)	1300 PRE SCHOOL IMP	
1615 LEVEL 3	1530 LEVEL 2	1600 LEVEL 3	1530 LEVEL 1B	
1645 LEVEL 1A (improvers)	1600 CLUB READY  1615 LEVEL 1B	1630 LEVEL 1A (improvers)	1530 LEVEL 3	
1645 Level 1B (deep)		1630 LEVEL 2	1600 LEVEL 4	
1730 Level 4		1700 ADVANCED COACHING		
1800 Advanced coaching				

