



SCALLOWAY POOL

# Learn to Swim Timetable

Monday 21st April to Thursday 26th June (10 week block)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	INFO
1400 Pre-school 2	1530 SS1B & 2	1430 Pre-school 2	1400 Pre-school 1	<ul style="list-style-type: none"> <li><b>Pre School 1</b> for age 3-5 to become water confident</li> <li><b>Pre School 2</b> for age 3-5 who are confident and out of armbands</li> <li><b>Pre school 3</b> for age 3-5 who are fully water confident and are swimming unaided</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 Reception for more information</b></p> <p><b>Telephone 01595 807716</b></p> <p><b>Richie Gardner (Manager) <a href="mailto:richie.gardner@srt.org.uk">richie.gardner@srt.org.uk</a></b></p>
1430 Pre-school 1	1600 SS1A & 3	1500 Pre-school 3	1430 SS1A	
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 4	1630 Club Ready Coaching	
1805 Aqua Fitness Class			1700 SS4	



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