

Junior Swimming Programme: Autumn Term: 2nd November - 21st December 2024

SATURDAY MORNINGS 8.45am - 12.15PM: Ducklings - Stage 9

8.45AM - 9.15am Ducklings (SHALLOW FAR) Izzy Peacock	8.45AM - 9.15am STAGE 6 (DEEP NEAR) Kelley Hope	8.45AM - 9.15am STAGE 5 (DEEP FAR) Lynda Clapham	8.45AM - 9.15am STAGE 2 (SHALLOW NEAR) Iain Vernon Wilson
9.15AM - 9.45am STAGE 4 (DEEP FAR) Izzy Peacock	9.15AM - 9.45am STAGE 5 (DEEP NEAR) Kelley Hope	9.15AM - 9.45am STAGE 2 (SHALLOW FAR) Lynda Clapham	9.15AM - 9.45am STAGE 1 (SHALLOW NEAR) Iain Vernon Wilson
9.45AM - 10.15AM STAGE 1 (SHALLOW FAR) Izzy Peacock	9.45AM - 10.15am STAGE 4 (DEEP FAR) Kelley Hope	9.45AM - 10.15am STAGE 3 DEEP (DEEP NEAR) Lynda Clapham Waterhelpers	9.45AM - 10.15am STAGE 3 (SHALLOW NEAR) Iain Vernon Wilson
10.15AM - 10.45am STAGE 2 (SHALLOW FAR) Izzy Peacock	10.15AM - 10.45am STAGE 3 DEEP (DEEP FAR) Kelley Hope	10.15AM - 10.45am STAGE 4 (DEEP NEAR) Lynda Clapham	10.15AM - 10.45am STAGE 1 (SHALLOW NEAR) Iain Vernon Wilson
10.45am - 11.15am STAGE 3 (SHALLOW FAR) Izzy Peacock	10.45AM - 11.15am STAGE 1 (SHALLOW NEAR) Kelley Hope	10.45AM - 11.15am STAGE 6 (DEEP NEAR) Lynda Clapham	10.45AM - 11.15am STAGE 4 (DEEP NEAR) Iain Vernon Wilson
11.15am - 11.45am Ducklings (SHALLOW FAR) Izzy Peacock	11.15am - 11.45am STAGE 2 (SHALLOW NEAR) Kelley Hope	11.15am - 11.30am ** 15 MINUTE BREAK **	11.15am - 11.30am ** 15 MINUTE BREAK **
11.45am-12.15pm: Izzy Peacock 1-1 lesson	11.45am-12.15pm: Kelley Hope 1-1 lesson	11.30am - 12.15PM STAGE 8/9/10 (DEEP NEAR) Lynda Clapham	11.30am - 12.15PM STAGE 7 (DEEP FAR) Iain Vernon Wilson

WATER HELPERS IN ALL DUCKLING, STAGE 1, STAGE 2 & STAGE 3 LESSONS WHERE NEEDED

Junior Swimming Programme: Autumn Term: 3rd November - 22nd December 2024

SUNDAY MORNINGS 8.45am - 12.15pm: Ducklings - Stage 10

8.45am - 9.30am (45 minute lessons)		8.45am - 9.15am (30 minute lessons)	
STAGE 9&10 (2 skinny lanes) Deep Middle Lynda Clapham	STAGE 8 (1 lane) Deep Middle Reg Allum	STAGE 5 (DEEP NEAR) Toby Lynch & Katie Cadwallader	STAGE 2 (SHALLOW NEAR) Louisa Clapham
9.30am - 10.15am (45 minute lessons)		9.15am - 9.45am (30 minute lessons)	
STAGE 7 (1 lane) Deep Far Lynda Clapham	STAGE 6 (lanes) Deep Far Reg Allum	STAGE 4 (DEEP NEAR) Toby Lynch & Katie Cadwallader	STAGE 1 (SHALLOW NEAR) Louisa Clapham
9.45am - 10.15am (30 minute lessons)		9.45am - 10.15am (30 minute lessons)	
** 5 MINUTE INTERVAL & Pool/Staff change over **		Ducklings (SHALLOW NEAR) Toby Lynch & Katie Cadwallader	STAGE 3 DEEP (DEEP NEAR) Louisa Clapham
** 5 MINUTE INTERVAL & Pool/Staff change over **		** 5 MINUTE INTERVAL & Pool/Staff change over **	
10.20am - 10.50am	10.20am - 10.50am	10.20am - 10.50am	10.20am - 10.50am
STAGE 1 (SHALLOW FAR) Lynda Clapham	STAGE 6 (DEEP FAR) Reg Allum	STAGE 2 (SHALLOW NEAR) Toby Lynch & Katie Cadwallader	STAGE 4 (DEEP NEAR) Louisa Clapham
10.50am - 11.20am	10.50am - 11.20am	10.50am - 11.20am	10.50am - 11.20am
STAGE 2 (SHALLOW FAR) Lynda Clapham	STAGE 4/5 (DEEP FAR) Reg Allum	STAGE 3 (SHALLOW NEAR) Toby Lynch & Katie Cadwallader	STAGE 5 (DEEP NEAR) Louisa Clapham
11.20am - 11.50pm	** 10 MINUTE BREAK **		11.20am - 11.50pm
Ducklings (SHALLOW FAR) Lynda Clapham	11.30am - 12.15pm	STAGE 4 (DEEP NEAR) Toby Lynch & Katie Cadwallader	STAGE 3 (SHALLOW NEAR) Louisa Clapham
11.50am-12.20pm: Lynda Clapham 1-1 lesson	STAGE 7 (DEEP FAR) Reg Allum (LAST 25 MINS FULL LANE)	11.50am-12.20pm: Katie 1-1 lesson (weeks 2-5)	
45 MINUTE LESSON			
<b style="color: blue;">WATER HELPERS IN ALL DUCKLING, STAGE 1 & STAGE 2 LESSONS and STAGE 3 LESSONS WHERE NEEDED			

Junior Swimming Programme: Autumn Term: 3rd November - 22nd December 2024

SUNDAYS AFTERNOONS 3pm - 6.15pm: Stages 1 - 10

3.00PM - 3.30pm		3.00PM - 3.30pm		3.00PM - 3.30pm		3.00PM - 3.30pm	
STAGE 3 (SHALLOW FAR) Helen Borthwick		STAGE 4 (DEEP NEAR) Louise Shields		STAGE 2 (SHALLOW NEAR) Kelly-Anne Russell		STAGE 6 (DEEP FAR) Reg Allum	
** 5 MINUTE INTERVAL & Pool/Staff change over **				** 5 MINUTE INTERVAL & Pool/Staff change over **			
3.35PM - 4.05pm		3.35PM - 4.05pm		3.35PM - 4.05pm		3.35PM - 4.05pm	
STAGE 2 (SHALLOW FAR) Helen Borthwick		STAGE 5 (DEEP NEAR) Louise Shields		STAGE 1 (SHALLOW NEAR) Kelly-Anne Russell		STAGE 4 (DEEP FAR) Reg Allum	
** 5 MINUTE INTERVAL & Pool/Staff change over **				** 5 MINUTE INTERVAL & Pool/Staff change over **			
4.10PM - 4.40pm		4.10PM - 4.40pm		4.10PM - 4.40pm		4.10PM - 4.40pm	
STAGE 4 (DEEP NEAR) Helen Borthwick		STAGE 3 (SHALLOW FAR) Louise Shields		STAGE 1 (SHALLOW NEAR) Kelly-Anne Russell		STAGE 4/5 (DEEP FAR) Reg Allum	
** 5 MINUTE INTERVAL & Pool/Staff change over **				** 5 MINUTE INTERVAL & Pool/Staff change over **			
4.10PM - 4.40pm		4.10PM - 4.40pm		4.10PM - 4.40pm		4.10PM - 4.40pm	
STAGE 1 (SHALLOW FAR) Helen Borthwick		STAGE 2 (SHALLOW NEAR) Louise Shields		STAGE 6 (DEEP NEAR) Kelly-Anne Russell		STAGE 5 (DEEP FAR) Reg Allum	
** 5 MINUTE INTERVAL & Pool/Staff change over **				** 5 MINUTE BREAK**			
SUNDAY 5.20PM - 5.50pm		5.20pm - 6.05pm		** 10 MINUTE BREAK **		5.20pm - 6.05pm	
STAGE 3 (SHALLOW FAR) Helen Borthwick		STAGE 8 (DEEP NEAR) Louise Shields		5.30pm - 6.15pm		STAGE 9 /10 (DEEP NEAR) Reg Allum	
End of lessons pupils to leave pool side		(LAST 25 MINS FULL LANE)		STAGE 7 (DEEP FAR) Kelly-Anne Russell		(LAST 25 MINS FULL LANE)	
30 MINUTE LESSON		45 MINUTE LESSON		(LAST 25 MINS FULL LANE) 45 MINUTE LESSON		45 MINUTE LESSON	
Assessments 6.15pm - 6.30pm		Assessments 6.15pm - 6.30pm		6.15-6.45pm: Kelly-Anne Russell 1-1 lesson			
<b style="color: blue;">WATER HELPERS IN ALL STAGE 1 & STAGE 2 LESSONS, AND STAGE 3 & 4 LESSONS WHERE NEEDED							