

Junior Swimming Programme: Spring Term 11th January - 5th April 2025

SATURDAY MORNINGS 8.45am - 12.15PM: Ducklings - Stage 10

NO LESSONS / Half Term break: Saturday 22nd February 2024

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) Tilly Green
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) Tilly Green
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) Tilly Green
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) Tilly Green
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 5 / 6 (DEEP NEAR) Lynda Clapham	10.45AM - 11.15am STAGE 4 (DEEP NEAR) Tilly Green
11.15am - 11.45am Ducklings (SHALLOW FAR) Izzy Peacock	11.15am - 11.45am ** 15 MINUTE BREAK **	11.15am - 11.30am ** 15 MINUTE BREAK **	11.15am - 11.30am STAGE 2 (SHALLOW NEAR) Tilly Green
11.45am-12.15pm: Izzy Peacock 1-1 lesson	11.30am - 12.15PM STAGE 6 & 7 (DEEP FAR) Kelley Hope	11.30am - 12.15PM STAGE 8/9/10 (DEEP NEAR) Lynda Clapham	11.45am-12.15pm: Tilly Green 1-1 lesson

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

Junior Swimming Programme: Spring Term 12th January - 6th April 2025

SUNDAY MORNINGS 8.45am - 12.20pm: Stage 1 - Stage 10

NO LESSONS / Half Term break: Sunday 23rd February 2024

8.45am - 9.30am (45 minute lessons)		8.45am - 9.15am (30 minute lessons)	
STAGE 9 & 10 (2 skinny lanes) Deep Middle Kayleigh Phillipps (Lynda Clapham cover)	STAGE 8 (1 lane) Deep Middle Reg Allum	STAGE 5 (DEEP NEAR) Toby Lynch	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 Kayleigh Phillipps (Lynda Clapham cover)	STAGE 6 (lanes) Deep Far Reg Allum	STAGE 4 (DEEP NEAR) Toby Lynch	STAGE 1 (SHALLOW NEAR) Louisa Clapham
		9.45am - 10.15am (30 minute lessons)	
		Ducklings (SHALLOW NEAR) Toby Lynch	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	
STAGE 4 (DEEP NEAR) Kayleigh Phillipps (Lynda Clapham cover)	STAGE 6 (DEEP FAR) Reg Allum	STAGE 2 (SHALLOW NEAR) Toby Lynch	STAGE 1 (SHALLOW FAR) Louisa Clapham
10.50am - 11.20am		10.50am - 11.20am	
STAGE 2 (SHALLOW FAR) Kayleigh Phillipps (Lynda Clapham cover)	STAGE 4/5 (DEEP FAR) Reg Allum	STAGE 3 (SHALLOW NEAR) Toby Lynch	STAGE 5 (DEEP NEAR) Louisa Clapham
11.20am - 11.50pm		11.20am - 11.50pm	
Ducklings (SHALLOW FAR) Kayleigh Phillipps (Lynda Clapham cover)	** 10 MINUTE BREAK **	STAGE 4 (DEEP NEAR) Toby Lynch	STAGE 3 (SHALLOW NEAR) Louisa Clapham
		11.30am - 12.15pm	
		STAGE 7/8 (DEEP FAR) Reg Allum (LAST 25 MINS FULL LANE)	11.50am-12.20pm: Louisa Clapham 1-1 lesson
45 MINUTE LESSON			
WATER HELPERS IN ALL DUCKLING, STAGE 1 & STAGE 2 LESSONS and STAGE 3 LESSONS WHERE NEEDED			

Junior Swimming Programme: Spring Term 12th January - 6th April 2025

SUNDAY AFTERNOONS 3PM - 6.45pm: Stage 1 - Stage 10

NO LESSONS / Half Term break: Sunday 23rd February 2024

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) Lynda Clapham / Toby Lynch	
** 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) Lynda Clapham / Toby Lynch	
** 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 4/5 (DEEP FAR) Kelly-Anne Russell		STAGE 1 (SHALLOW NEAR) Lynda Clapham / Toby Lynch	
** 5 MINUTE INTERVAL & Pool/Staff change over **				** 5 MINUTE INTERVAL & Pool/Staff change over **			
4.45PM - 5.15PM		4.45PM - 5.15PM		4.45PM - 5.15PM		4.45PM - 5.15PM	
STAGE 1 (SHALLOW FAR) Helen Borthwick		STAGE 2 (SHALLOW NEAR) Louise Shields		STAGE 6 (DEEP NEAR) Kelly-Anne Russell		STAGE 5 (DEEP FAR) Lynda Clapham / Toby Lynch	
** 5 MINUTE INTERVAL & Pool/Staff change over **				** 5 MINUTE BREAK**			
SUNDAY 5.20PM - 5.50pm		5.20pm - 6.05pm		5.20pm - 6.05pm		** 10 MINUTE BREAK **	
STAGE 3 (SHALLOW FAR) Helen Borthwick		STAGE 9 /10 (DEEP NEAR) Louise Shields		STAGE 8 (DEEP NEAR) Kelly-Anne Russell		5.30pm - 6.15pm STAGE 7 (DEEP FAR) Lynda Clapham / Toby Lynch	
End of lessons pupils to leave pool side		(LAST 25 MINS FULL LANE)		(LAST 25 MINS FULL LANE)		(LAST 25 MINS FULL LANE)	
30 MINUTE LESSON		45 MINUTE LESSON		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			
WATER HELPERS IN ALL STAGE 1 & STAGE 2 LESSONS, AND STAGE 3 & 4 LESSONS WHERE NEEDED							