

BOOTHAM SWIM SCHOOL

SWIMMING LESSON PROGRAMME AUTUMN TERM 2019

Monday with Vicky / Carwyn

5.45pm – 6.45pm Coaching
6.45pm – 7.30pm Adult Beginners
7.30pm – 8.15pm Adult Improvers

8.15pm – 9.15pm Adult Coaching
 with Carwyn

Saturday with Katie / Vicky

11.00am – 11.30am Beginners
11.30am – 12noon Emerging Swimmers
12 noon – 12.30pm Improvers
12.30pm – 1.00pm Personal Survival /
 Bronze

Tuesday with Vicky / Michelle

5.45pm – 6.30pm Silver / Gold
6.30pm – 7.30pm Coaching

7.30pm – 8.30pm Adult Improvers
 / Coaching

Saturday with Vicky / Carwyn

1.00pm – 1.30pm Beginners
1.30pm – 2.00pm Beginners Two
2.00pm – 2.30pm Emerging Swimmers
2.30pm – 3.00pm Improvers
3.00pm – 3.30pm Personal Survival /
 Bronze
3.30pm – 4.15pm Silver / Gold
4.15pm – 5.15pm Coaching

Wednesday with Sheila / Vanessa

5.45pm – 6.15pm Personal Survival / Bronze
6.15pm – 7.00pm Silver / Gold
7.00pm – 8.00pm Coaching

Saturday

11.00am – 2.30pm 121 lessons
with Michelle and Katie

6.15pm – 9.15pm STA Pool Lifeguard Course
 with Katie

Thursday with Katie

5.45pm – 6.30pm Rookie Group 1
6.30pm – 7.15pm Rookie Group 2
7.30pm – 9.00pm Survive and Save Lifesaving

Sunday with Michelle / Vanessa

9.30am – 10.00am Beginners
10.00am – 10.30am Beginners Two
10.30am – 11.00am Emerging Swimmers
11.00am – 11.30am Improvers
11.30am – 12 noon Personal Survival /
 Bronze
12 noon – 12.45pm Silver / Gold

Friday with Vicky / Vanessa

5.45pm – 6.15pm Beginners
6.15pm – 6.45pm Emerging Swimmers
6.45pm – 7.15pm Improvers
7.15pm – 7.45pm Personal Survival / Bronze
7.45pm – 8.30pm Silver / Gold

Contact Catherine Butt on telephone 01904 686629 / mobile 07923 416425 or
e-mail catherine@boothamswimschool.co.uk for more details.