



**Contact Details**  
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 www.swimwithselkie.com

# Spring 2022 Swimming Timetable

Course Details may change subject to any COVID restrictions

**Chestnuts Primary School**  
 Etherley Road, Black Boy Lane, N15 3AS

**Chestnut Primary School Dates:- Monday 10th January to Monday 28th February 2022 (11 weeks)**  
 NO swimming on Monday 14th February 2022 due to half term holiday  
 Course fee £143 for 30 min lessons

**Monday Classes**

Perfect for younger beginners with a focus on increasing water confidence

4.00pm	Beginners & Water Confidence
4.30pm	Beginners & Water Confidence
5.00pm	Beginners & Water Confidence
5.30pm	Beginners & Water Confidence

**South Harringay Junior School**  
 Mattison Road, N4 1BD

**South Harringay School Dates:- Monday 10th January to Friday 1st April 2022**  
 NO swimming during half term: Monday 14th to Friday 18th February 2021  
 Course fee £143 for 30 min lessons  
 Course fee £155 for 45 min (ADVANCED & TEENAGE)

**Swim School - Widths**  
Learn to swim

**Monday Classes**

3.45pm	Beginners	Improvers 1	Improvers 2
4.15pm	Beginners	Improvers 1	Improvers 2
4.45pm	Beginners	Improvers 1	Improvers 2
5.15pm	Beginners	Improvers 1	Improvers 2
5.45pm	Beginners	Improvers 1	Improvers 2

**Tuesday Classes**

3.45pm	Beginners	Improvers 1	Improvers 2
4.15pm	Beginners	Improvers 1	Improvers 2
4.45pm	Beginners	Improvers 1	Improvers 2
5.15pm	Beginners	Improvers 1	Improvers 2

**Wednesday Classes**

4.15pm	Beginners	Improvers 1	Improvers 2
4.45pm	Beginners	Improvers 1	Improvers 2
5.15pm	Beginners	Improvers 1	Improvers 2
5.45pm	Beginners	Improvers 1	Improvers 2

**Thursday Classes**

3.45pm	Beginners	Improvers 1	Improvers 2
4.15pm	Beginners	Improvers 1	Improvers 2
4.45pm	Beginners	Improvers 1	Improvers 2
5.15pm	Beginners	Improvers 1	Improvers 2

**Friday Classes**

3.45pm	Beginners	Improvers 1	Improvers 2
4.15pm	Beginners	Improvers 1	Improvers 2
4.45pm	Beginners	Improvers 1	Improvers 2
5.15pm	Beginners	Improvers 1	Improvers 2
5.45pm	Beginners	Improvers 1	Improvers 2

**Swim Academy - Lengths**  
Fitness & coaching

**Monday Classes**

6.15pm	Intermediates
6.45pm	Advanced -45 minutes

**Tuesday Classes**

5.45pm	Intermediates
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**Wednesday Classes**

3.45pm	Intermediates **early class **
6.15pm	Intermediates
6.45pm	Advanced -45 minutes

**Thursday Classes**

5.45pm	Intermediates
6.15pm	Intermediates
6.15pm	Advanced -45 minutes

**Friday Classes**

6.15pm	Intermediates
6.15pm	Advanced -45 minutes
6.45pm	Teenage Fitness - 45 minutes

**Health & Safety Measures - COVID considerate**

We will review the organisation of these lessons regularly to ensure we are following all Government guidelines.  
 Currently no adults in the building at South Harringay School - lessons operating on 'drop off' and 'pick up' basis.  
 Swimmers should arrive 'ready to swim' wearing warm, loose clothing to reduce time in changing rooms.  
 Showers are 'out of bounds' and changing rooms are cleaned after each class.

Social Media  
 Follow us on Twitter @selkieswim

Join our group Selkie Swim School

Definition of classes  
 Beginners - learning to swim  
 Improver 1 = learning stroke technique in shallow water  
 Improvers 2 = improving stroke technique in deep water  
 Intermediates = can swim 100m (4 strokes)  
 Advanced = can swim 200m (4 strokes)

**All bookings are done via our website [www.swimwithselkie.com](http://www.swimwithselkie.com) on the Bookings Page.**  
 New swimmers can book and pay for a trial swim lesson before committing to the term