

# Selkie Swim School



**Contact Details**  
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## Swim Timetable - Summer 2022

Venue:-	<b>Chestnuts Primary School</b> Etherley Road, Black Boy Lane, N15 3AS
<p><b>Chestnut Primary School Dates:- Monday 25th April to Monday 18th July 2022 (11 weeks)</b>                  Course fee £143 for 30 min lessons                  NO swimming on Monday 2nd May (Bank Holiday) and Monday 30th May due to half term holiday</p>	
<b>Monday Classes</b>	
4.00pm	Strong Beginners
4.30pm	Beginners & Water Confidence
5.00pm	Strong Beginners
5.30pm	Beginners & Water Confidence

<b>South Harringay Junior School</b> Mattison Road, N4 1BD	
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**South Harringay School Dates:- Tuesday 19th April to Monday 18th July 2022**  
 Course fee £156 for 30 min lessons reduced to £143 for Monday swimmers  
**Course fee £180 for 45 min (ADVANCED & TEENAGE) reduced to £165 for Monday swimmers**  
 No swimming on Monday 2nd May (Bank Holiday) and from Monday 30th May to Friday 3rd June 2022 (Half Term)

### Learn to Swim - Widths

Water Confidence & Stroke technique  
 ASA Stages 1-5

#### 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  
 ASA Stages 6-7 and above

#### 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**
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6.15pm	Intermediates
6.45pm	Advanced -45 minutes

#### Thursday Classes

5.45pm	Intermediates
6.15pm	Advanced -45 minutes
6.45pm	Teenage Fitness - 45 minutes

#### Friday Classes

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

#### Social Media

Follow us on Twitter @selkieswim

Join our group 'Selkie Swim School'

#### Definition of classes

Beginners - learning to swim (ASA Stage 1 & 2)  
 Improver 1 = learning stroke technique in shallow water (ASA Stage 3 & 4)  
 Improvers 2 = improving stroke technique in deep water (ASA Stage 4 & 5)  
 Intermediates = can swim 100m 4 strokes (ASA Stage 6)  
 Advanced = can swim 200m 4 strokes (ASA Stage 7 and above)

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