

# Swim Timetable - Spring 2023

Term Dates Monday 9th January - Friday 31st March 2023

Half term (no swimming) :- Monday 13th to Friday 17th February 2023

Swim fees (11 weeks) £160 for all 30 minute classes and £187 for 45 minute classes

## Beginner classes on Mondays at **Chestnuts School, Black Boy Lane, N15 3AS**

4.00pm	Beginners (Water Confidence)
4.30pm	Beginners (Water Confidence)
5.00pm	Beginners (Water Confidence)
5.30pm	Beginners (Water Confidence)

## Swimming Lessons at **South Haringay Junior School, Mattison Rd, N4 1BD**

### Learn to Swim - Widths

See below for definition of classes

#### 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

#### 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

#### Monday Classes

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

#### Friday Classes

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

### 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)



Social Media

Follow us on Twitter @selkieswim



Join our group 'Selkie Swim School'

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