

Swimming Lesson Timetable & Term Dates

Spring/Summer 2019



Langton Lane

Swimming Club

Parent and Baby

Up to 18 months
Monday 12:15

Parent and Toddler

18 months to 3 years
Wednesday 13:00

Pre-School Duckling

Age 3 to 4 years
Wednesday, 16:30
Saturday 9:30, 10:30, 11:30

Ducklings Advanced

Age 4 to 5 years
Friday 16:00
Saturday 10:00

Stage one

Learning water confidence and independent movement in the water.

Monday 16:30
Tuesday 16:00
Wednesday 16:00, 17:30
Thursday 17:00
Friday 16:00
Saturday 9:00, 10:00, 10:30, 11:30

Stage two

Introducing the basics of strokes, independent swimming up to 5m.

Monday 16:30, 17:00
Tuesday 16:30
Wednesday 16:00, 16:30, 17:00
Thursday 16:30
Friday 16:30
Saturday 9:00, 9:30, 10:30, 11:00

Stage three

Introducing water skills, key stroke actions and swimming up to 10m.

Monday 16:00, 17:00
Tuesday 16:30
Wednesday 16:30, 17:30
Thursday 16:00, 17:00
Friday 17:30
Saturday 9:00, 10:30, 11:00

Stage four

Introduction to swimming in deep water, technique is built up in all 4 strokes.

Monday 16:00, 17:00
Tuesday 16:00, 17:30
Wednesday 16:00, 17:00
Thursday 16:00
Friday 16:30
Saturday 9:30, 10:00

Stage five

Stroke technique at a recognisable level, survival skills introduced.

Monday 16:30, 17:30
Tuesday 17:00
Wednesday 16:30
Friday 17:30
Saturday 9:30, 10:30

Stage six

Improving stroke technique to a high standard. Introduces tumble turns and diving

Monday 17:00
Wednesday 17:00
Thursday 16:30
Friday 17:30
Saturday 11:00

Stage 7

Legal starts of all 4 strokes introduced. Stamina is built with set turnaround times in strokes.

Monday 17:30
Wednesday 17:00
Thursday 17:00
Friday 16:30
Saturday 10:00

Squad 1 (Stages 8,9,10)

Development of high technical level full strokes, refining legal start and tumble turns.

Monday 18:00
Tuesday 17:00
Wednesday 17:00
Friday 17:00
Saturday 09:00

Squad Club

1 hour training class for stages six and up. Emphasis on endurance and stamina building, specific turn around times and longevity in all 4 strokes.

Tuesday 18:30

Adult Lessons

Adult lessons available Summer 2019. Contact us for availability.

**Swimming Lesson
Timetable
& Term Dates**

Spring/Summer 2019



Langton Lane
Swimming Club

Term 1

Wednesday 5th September to
Friday 19th October 2018

Term 2

Monday 29th October to
Wednesday 19th December
2018

Term 3

Monday 7th January to Friday
15th February 2019

Term 4

Monday 25th February to
Friday 5th April 2019

Term 5

Tuesday 23rd April to Friday
24th May

Term 6

Monday 3rd June to Friday
19th July