

# BOOTHAM SWIM SCHOOL

## SWIMMING LESSON PROGRAMME SPRING TERM 2012

### Monday     with Carwyn

|                 |                             |
|-----------------|-----------------------------|
| 5.45pm – 6.15pm | Silver / Gold               |
| 6.15pm – 7.15pm | Coaching                    |
| 7.15pm – 8.15pm | Adult Beginners / Improvers |
| 8.15pm – 9.15pm | Adult Coaching              |

### Tuesday     with Vicky

|                 |                            |
|-----------------|----------------------------|
| 5.45pm – 6.15pm | Improvers                  |
| 6.15pm – 6.45pm | Personal Survival / Bronze |
| 6.45pm – 7.15pm | Silver / Gold              |
| 7.15pm – 8.15pm | Coaching                   |

### Wednesday with Katie

|                 |                             |
|-----------------|-----------------------------|
| 5.45pm – 6.15pm | Silver / Gold               |
| 6.15pm – 7.15pm | Coaching                    |
| 7.15pm – 8.15pm | Adult Beginners / Improvers |

### Wednesday with Carwyn

|                 |                |
|-----------------|----------------|
| 8.15pm – 9.15pm | Adult Coaching |
|-----------------|----------------|

### Thursday     with Katie

|                 |                         |
|-----------------|-------------------------|
| 5.45pm – 6.30pm | Rookie Group 1          |
| 6.30pm – 7.15pm | Rookie Group 2          |
| 7.30pm – 9.00pm | RLSS Lifesaving Courses |

### Friday     with Vicky

|                 |                            |
|-----------------|----------------------------|
| 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 – 8.15pm | Silver / Gold              |

### Saturday     with Katie

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

### Saturday     with 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 – 4.00pm | Silver / Gold              |
| 4.00pm – 5.00pm | Coaching                   |

### Saturday

11.00am – 2.30pm  
121 lessons  
with Michelle and Katie

### Sunday     with Katie

|                   |                            |
|-------------------|----------------------------|
| 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 |

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