

MONDAY		TUESDAY		WED	DNESDAY	THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
9:30 Private 2:2:1 With Stacey	12:00 Adult & Toddler With Stacey	10:00 Ducklings 1 With Nicky	12:15 Adult 1-1 With Nicky	10:00 Private 1-1 With Lisa P	15:45 Private 1-1 With Isla	9:30 Ducklings 2 With Nicky	12:00 Private 1-1 With Nicky
10:00 Ducklings 3 With Stacey	12:30 Adult 1-1 With Stacey	10:30 Adult & Baby With Nicky	15:45 Private 1-1 With Maxine	10:30 Ducklings 3 With Lisa P	16:00 Stage 2 With Francis	10:00 Ducklings 1 With Nicky	15: 45 Private 1-1 With Debbie
10:30 Ducklings 2 With Stacey	16:15 Stage 3 With Maxine	11:00 Toddler Ducklings 2 With Nicky	15:45 Private 1-1 With Francis	11:00 Ducklings 2 With Lisa P	16:15 Stage 1 With Isla	10:30 Adult & Child With Nicky	16:00 Stage 1 With Lisa C
11:00 Stage 1 With Stacey	16:45 Stage 2 With Maxine	11:30 Ducklings 2 With Nicky	16:00 Stage 2 With Lisa C	11:30 Adult & Child With Lisa P	16:30 Stage 3 With Francis	11:00 Stage 1 With Nicky	16:15 Stage 1 With Francis
11:30 Ducklings 3 With Stacey	17:15 Stage 5 With Maxine		16:15 Stage 1 With Francis		16:45 Stage 2 With Isla	11:30 Private 2-1 With Nicky	16:15 Stage 1 With Debbie
	17:45 Stage 7 With Maxine		16:15 Private 2-1 With Maxine		17:00 Stage 4 With Francis		16:30 Stage 3 With Lisa C
			16:30 Stage 2 With Lisa C		17:15 Private 2-1 With Isla		16:45 Stage 2 With Debbie
			16:45 Stages 2 With Francis		17:30 Stage 5 With Francis		16:45 Stage 2 With Francis
			16:45 Private 1-1 With Maxine		Private 2 - 1 With Isla 18:00		17:00 Stage 4 With Lisa C
			17:00 Stage 4 With Lisa C		Stage 6/7 With Francis		17:15 Stage 3 With Francis
			17:15 Stage 4 With Francis		18:30 Adult 1-1 With Francis		17:15 Stage 3 With Debbie
			17:15 Private 2-1 With Maxine				17:30 Stage 5 With Lisa C
			17:30 Stage 5 With Lisa C				17:45 Stage 5/6 With Francis
			17:45 Private 2-1 With Francis				17:45 Private 1-1 With Debbie
			17:45 Private 1-1 With Maxine				18:00 Stage 5 With Lisa C
			18:00 Stage 6 With Lisa C				18:15 Private 1-1 With Francis
			18:15 Private 1-1 With Francis				

18:15 **Private 1-1** With Maxine

FRIDAY		S	ATURDAY	SUND	SUNDAY		
AM	PM	AM	PM	AM	PM		
10:00 Ducklings 4 With Lisa P	15:45 Ducklings 3 With Roz	09:00 Ducklings 2 With Crystal	12:00 Stage 3 With Maxine	09:45 Ducklings 4 With Roz			
10:30 Ducklings 3 With Lisa P	16:15 Stage 2 With Roz	09:15 Stage 3 With Maxine	12:15 Stage 3 With Suzanne	08:45 Private 1-1 With Isla			
11:00 Ducklings 3 With Lisa P	16:30 Stage 1 With Louis	09:30 Ducklings 3 With Crystal	12:30 Stage 2 With Maxine	09:15 Stage 1-3 With Roz			
11:30 Adult & Child With Lisa P	16:45 Stage 3 With Roz	09:45 Stage 5 With Maxine	12:45 Stage 5 With Suzanne	09:15 Private 1-1 With Isla			
	17:00 Stage 3 With Louis	10:00 Ducklings 3 With Crystal	13:00 Stage 3 With Maxine	09:45 Stage 3			
	17:15 Stage 5 With Roz	10:15 Stage 1 With Suzanne	13:15 Stage 3 With Suzanne	With Roz 09:45 Private 1-1			
	17:30 Stage 4/5 With Louis	10:15 Stage 4 With Maxine	13:30 Stage 1 With Maxine	With Isla 10:15 Ducklings 4			
	17:45 Private 7 With Roz	10:30 Adult & Child With Crystal	13:30 Stage 1 With Debbie	With Roz			
	17:45 Private 2-1 With Roz	10:45 Stage 1/2 With Suzanne	14:00 Private 1-1 With Maxine	Private 2-1 With Isla			
		10:45 Stage 5 With Maxine	14:30 Private 1-1 With Debbie	Adult & Child With Roz			
		11:00 Ducklings 4 With Crystal	15:00 Private 2-1 With Debbie				
		11:15 Ducklings 3 With Suzanne	15:30 Private 1-1 With Debbie				
		11:15 Stage 1 With Maxine	16:00 Private 1-1 With Debbie				
		11:30 Ducklings 3 With Crystal	16:30 Private 1-1 With Debbie				
		11:45 Stage 5 With Suzanne	17:00 Private 1-1 With Debbie				

Members guide to ages:

Babies - 12m Toddlers - 18m Paddleducks - 24m (No prior swimming) Ducklings 1- 4 (Pre-school programme) Stage 1 starts with beginners/non swimmers and as you learn/improve, you progress through to stage 7

Children 3yrs + group lessons x10 = £150Children 0-2yrs group lessons x10 = £130Private 1--1 lessons 30 minutes x10 = £300Private 2-2 lessons 30 minutes x10 = £450



For bookings or more info, email swimming@foxhills.co.uk

