



TIMETABLE 2025

SPRING TERM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
09:30 Private 2:2:1 With Stacey	12:00 Ducklings 1 With Stacey	10:00 Adult & Baby With Nicky	15:45 Private 2-1 With Liz	10:00 Private 1-1 With Lisa P	12:00 Ducklings 3 With Lisa P	09:30 Ducklings 1 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 Francis	10:30 Adult & Baby With Lisa P	15:15 Private 1-1 With Isla	10:00 Ducklings 2 With Nicky	15:30 Private 1-1 With Emma
10:30 Ducklings 2 With Stacey	15:45 Private 1-1 With Francis	11:00 Toddler Ducklings 2 With Nicky	16:00 Private 1-1 With Emma	11:00 Ducklings 2 With Lisa P	15:45 Private 1-1 With Isla	10:30 Ducklings 3 With Nicky	15:45 Stage 1 With Debbie
11:00 Adult & Baby With Stacey	16:00 Private 1-1 With Karen	11:30 Adult 1-1 With Nicky	16:00 Stage 1 With Liz	11:30 Duckling 4 With Lisa P	16:00 Private 1-1 With Francis	11:00 Ducklings 3 With Nicky	15:45 Private 1-1 With Karen
11:30 Ducklings 4 With Stacey	16:15 Stage 1 With Francis		16:15 Stage 2 With Francis		16:15 Stage 2 With Isla	11:30 Child 1-1 With Nicky	16:00 Stage 2 With Emma
	16:30 Stages 2 With Karen		16:30 Stage 3 With Emma		16:30 Stage 3 With Francis		16:15 Stage 1 With Karen
	16:45 Stage 4 With Francis		16:30 Stage 2 With Liz		16:45 Stage 3 With Isla		16:15 Stage 1 With Debbie
	17:00 Stage 2 With Karen		16:45 Stages 3 With Francis		17:00 Stage 4 With Francis		16:30 Stage 3 With Emma
	17:15 Stage 4 With Francis		17:00 Stage 5 With Emma		17:15 Private 1-1 With Isla		16:45 Stage 3 With Karen
	17:30 Stage 3 With Karen		17:15 Private 1-1 With Liz		17:30 Stage 5 With Francis		16:45 Stage 2 With Francis
	17:45 Stage 6 With Francis		17:15 Stage 3 With Francis		18:00 Stage 6 With Francis		16:45 Stage 3 With Debbie
	18:00 Adult 1-1 With Karen		17:30 Stage 6 With Emma		18:30 Adult 1-1 With Francis		17:00 Stage 4 With Emma
	18:15 Adult 1-1 With Francis		17:45 Stages 5 With Francis				17:00 Private 1-1 With Debbie
	18:30 Adult 1-1 With Karen		18:00 Private 1-1 With Emma				17:15 Stage 3 With Francis
			18:15 Private 2-1 With Francis				17:15 Private 1-1 With Karen
							17:15 Stage 4 With Francis
							17:30 Stage 5 With Emma
							17:45 Stage 4 With Francis
							18:00 Private 1-1 With Emma
							18:15 Stage 6 With Francis

FRIDAY		SATURDAY		SUNDAY	
AM	PM	AM	PM	AM	PM
10:30 Ducklings 4 With Lisa P	12:00 Ducklings 2 With Lisa P	08:45 Private 1-1 With Katie	12:15 Stage 3 With Suzanne	08:45 Private 1-1 With Laura	
11:00 Adult & Toddler With Lisa P	12:30 Ducklings 3 With Lisa P	09:00 Ducklings 3 With Crystal	12:45 Stage 7 With Suzanne	09:15 Private 1-1 With Laura	
11:30 Adult & Baby With Lisa P	13:00 Private 1-1 With Lisa P	09:15 Stage 1 With Katie	13:15 Stage 4 With Suzanne	09:15 Stage 3 With Isla	
	15:45 Stage 1 With Karen	09:15 Stage 1 With Annabel	13:30 Stage 2 With Debbie	09:45 Ducklings 3 With Laura	
	15:45 Stage 1 With Liz	09:30 Ducklings 2 With Crystal	14:00 Private 1-1 With Debbie	09:45 Stage 4 With Isla	
	16:15 Stage 2 With Karen	09:45 Stage 5 With Annabel	14:30 Private 1-1 With Karen	10:15 Ducklings 3 With Laura	
	16:15 Stages 2 With Liz	09:45 Stage 1 With Katie	14:30 Private 2-1 With Debbie	10:15 Stage 2 With Isla	
	16:45 Stage 3 With Karen	10:00 Ducklings 2 With Crystal	15:00 Private 1-1 With Karen	10:45 Stage 2 With Laura	
	16:45 Stage 4 With Liz	10:15 Stage 2 With Suzanne	15:00 Private 1-1 With Debbie	10:45 Stage 3 With Isla	
	17:15 Stage 4 With Karen	10:15 Stage 4 With Annabel	15:30 Private 1-1 With Karen	11:15 Private 1-1 With Laura	
	17:15 Stage 5 With Liz	10:15 Stage 1 With Katie	15:30 Private 1-1 With Debbie		
	17:45 Stage 6 With Karen	10:30 Ducklings 2 With Crystal	16:00 Private 1-1 With Karen		
	17:45 Stage 6 With Liz	10:45 Stage 4 With Suzanne	16:30 Private 1-1 With Karen		
	18:15 Private 1-1 With Karen	10:45 Stage 4 With Annabel	17:00 Private 1-1 With Karen		
	18:15 Private 1-1 With Liz	10:45 Stage 1 With Katie			
	18:45 Private 1-1 With Karen	11:00 Ducklings 1 With Crystal			
		11:15 Stage 4 With Suzanne			
		11:15 Stage 2 With Annabel			
		11:15 Stage 1 With Katie			
		11:30 Ducklings 3 With Crystal			
		11:45 Stage 2 With Annabel			
		11:45 Stage 6 With Suzanne			

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 x11 = £176

Children 0-2yrs group lessons x11 = £154

Private 1-1 lessons 30 minutes x11 = £462

Private 2-2 lessons 30 minutes x11 = £638

LIMITED PRIVATE 1-1 SESSIONS AVAILABLE

KEY

- LIMITED SPACES AVAILABLE
- FULL (WAITING LIST)

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