

# Swimming Lessons – Aqua-plus Swim School



Group Classes run termly (12 weeks) and are 30mins unless otherwise stated. Private lesson 30mins, 45mins prices vary according to number in a lesson and the number of lessons booked. We also offer intensive holiday courses for children 4-14yrs, small adult group lessons or 121 or 221 lessons.

Yateley School Pool	FRIDAY - 25 minute lessons	Class Time
<b><u>DUCKLING CLASSES</u></b>		
Starfish – pre-school	3.5 – 4.5yrs – Confident without a parent	5:30pm
Duckling 1	4.5yrs + Confident without a parent	5:30pm
Duckling 2	4.5yrs + 5m paddle	5:55pm
<b><u>BEGINNER CLASSES</u></b>		
Beginner 1	5yrs+ Swimming 5m & floating on back	5:55pm
Beginner 2	Swimming 5m front and back	6:20pm
Beginner 3	Swimming 10m front and back	5:30pm & 5:55pm
<b><u>IMPROVER CLASSES</u></b>		
Improver 1	Swimming 25m front & back	6:20pm
Improver 2	Swim 25m+ 15m Swim all strokes	6:20pm

Yateley School Pool	SATURDAY	Class Time
<b><u>BEGINNER CLASSES</u></b>		
Beginner 1	5yrs + Non swimmer/5m paddle	6:30pm
Beginner 2/3	Swimming 5m front and back	7pm
<b><u>IMPROVER CLASSES</u></b>		
Improver 1	Swimming 25m front and back	6:30pm
Improver 2 ( <i>lane swim</i> )	Swimming ( <i>50m+</i> ), 20m all strokes + skills	7pm
<b><u>ADVANCED CLASSES</u></b>		
Advanced ( <i>lane swim</i> )	Good Technique ( <i>100m</i> ), Stamina & Skills	6:30pm-7pm
Advanced+ ( <i>lane swim</i> )	Stage 7 Good Technique ( <i>100m+</i> ),	6:30pm-7:30pm

Yateley School Pool	SUNDAY	Class Time
<b><u>PARENT &amp; TODDLER</u></b>		
Parent & Toddler/Child	5mts -5yrs, parent in the water	8:50am
<b><u>DUCKLING CLASSES</u></b>		
Duckling 1+	4yrs 1-2m+ Confident without a parent	9:20am
Duckling 2+	4yrs 4-5m+ Confident without a parent	9:50am
<b><u>BEGINNER CLASSES</u></b>		
Beginner 1+	4.5yrs + Swimming 5m & floating on back	9:50am
Beginner 2	Swimming 5m front and back	9:20am
Beginner 3	Swimming 10m front and back	9:20am
<b><u>IMPROVER CLASSES</u></b>		
Improver 1	Swimming 25m front & back	9:50am
Improver 2	25m+ plus 15m Swim all strokes	8:50am

<b><u>PRIVATE CLASSES</u></b>	Children & Adults 121, 221 or small groups	please enquire
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[swim@aqua-plus.co.uk](mailto:swim@aqua-plus.co.uk) or Call: 07802 45 95 35