

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
<u>DUCKLING CLASSES</u>		<u>Entry Requirements</u>	
Starfish – pre-school		3.5 – 4.5yrs – Confident without a parent	5:35pm
Duckling 1		4.5yrs + Confident without a parent	6:00pm
Duckling 2		4.5yrs + 5m paddle	5:35pm
<u>BEGINNER CLASSES</u>			
Beginner 1		5yrs+ Swimming 5m & floating on back	6:00pm
Beginner 2		Swimming 5m front and back	6:25pm
Beginner 3		Swimming 10m front and back	5:35pm
<u>IMPROVER CLASSES</u>			
Improver 1		Swimming 25m front & back	6:00pm
Improver 2		Swim 25m+ 15m Swim all strokes	6:25pm
Yateley School Pool		SATURDAY	Class Time
<u>BEGINNER CLASSES</u>		<u>Entry Requirements</u>	
Beginner 1		5yrs + Non swimmer/5m paddle	6:35pm
Beginner 2/3		Swimming 5m front and back	7:05pm
<u>IMPROVER CLASSES</u>			
Improver 1		Swimming 25m front and back	6:35pm
Improver 2 (lane swim)		Swimming (50m+), 20m all strokes + skills	7:05pm
<u>ADVANCED CLASSES</u>			
Advanced (lane swim)		Good Technique (100m), Stamina & Skills	6:35pm-7:05pm
Advanced+ (lane swim)		Stage 7 Good Technique (100m+),	6:35pm-7:35pm
Yateley School Pool		SUNDAY	Class Time
<u>PARENT & TODDLER</u>		<u>Entry Requirements</u>	
Parent & Toddler/Child		5mts -5yrs, parent in the water	8:50am
<u>DUCKLING CLASSES</u>			
Duckling 1+		4yrs 1-2m+ Confident without a parent	9:20am
Duckling 2+		4yrs 4-5m+ Confident without a parent	9:50am
<u>BEGINNER CLASSES</u>			
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
<u>IMPROVER CLASSES</u>			
Improver 1		Swimming 25m front & back	9:50am
Improver 2		25m+ plus 15m Swim all strokes	8:50am
<u>PRIVATE CLASSES</u>		Children & Adults 121, 221 or small groups	please enquire

swim@aqua-plus.co.uk or Call: 07802 45 95 35