

We encourage 2 stages within the same class at the lower ability levels as they can easily be taught in the same class & the skills are closely linked. Also, we like children who have achieved stage 1 to collect a few stage 2 ticks in the shallow end class before moving to the stage 2 – 3 class as the workload is harder. . All lessons up to stage 5 are for a 30 minute duration.

Once your child has achieved stage 5, they need to move to a lengths class in order to prepare for the harder requirements of the higher stages. All ‘length’ classes last for 40 minutes

Swimmers achieving stage 7 will move to the multi-skills squad where they can still work toward attaining badges, but will work harder and start links with swimming clubs. Multi-skill squad swimmers should try to attend at least twice per week – the price however, is the same as that of other lessons.

We like to enter a team in the city-wide Pre-competitive development gala held at Ponds Forge 2 or 3 times per year and encourage swimmers to try this gala prior to moving to a club.

The water polo taster session on Saturday lunch time is open to anyone at stage 5 and above and work towards the stage 8 water polo award. We enter a team into the city wide swim lesson water polo competition. There are 2 of these competitions per year. If swimmers become too good for this squad, they are encouraged to move to the City of Sheffield Water Polo Squad who train at Goodwin or Ponds Forge and compete at all ability levels.

We try to put on taster sessions for diving at Ponds Forge periodically through the year.

### Monday

	STAGE	code	area	teacher
	1 - 2	M1	Shallow	Claire
	2 - 3	M2	Mid	Mary
	4	M3	Deep	Wendy
	Duck	M4	Shallow	Claire
	2 - 3	M5	Mid	Wendy
	5	M6	Deep	Mary
	6	M7	Lengths	Mary
	7	M8	Lengths	Claire
	Multi-skills 8 & 9	M9	Lengths	Wendy
	1 - 2	M10	Shallow	Wendy
	2 - 3	M11	Mid	Mary
	4	M12	Deep	Claire
	1 - 2	M13	Shallow	Mary
	2 - 3	M14	Mid	Claire
	5	M15	Deep	Wendy

Clear the pool by 7.00 pm

### Tuesday

	STAGE	Code	area	teacher
	1 – 2	T1	Shallow	Sarah
	2 - 3	T2	Mid	Wendy
	5	T3	Deep	Mary
	1 - 2	T4	Shallow	Wendy
	2 - 3	T5	Mid	Sarah
	4	T6	Deep	Mary
	Duck	T7	Shallow	Sarah
	2 - 3	T8	Mid	Mary
	4	T9	Deep	Wendy
	1 - 2	T10	Shallow	Mary
	2 - 3	T11	Mid	Sarah
	5	T12	Deep	Wendy
	6	T13	Lengths	Sarah
	7	T14	Lengths	Mary
	Multi-skills 8 & 9	T15	Lengths	Wendy

Clear pool by 7.00 pm

### Thursday

	STAGE	Code	area	teacher
	Duck	Th1	Shallow	Wendy
	2 - 3	Th2	Mid	Steve
	4	Th3	Deep	Mary
	1 - 2	Th4	Shallow	Steve
	2 – 3	Th5	Mid	Wendy
	5	Th6	Deep	Mary
	1 - 2	Th7	Shallow	Mary
	2 - 3	Th8	Mid	Steve
	4	Th9	Deep	Wendy
	1 - 2	Th10	Shallow	Steve
	2 - 3	Th11	Mid	Mary
	5	Th12	Deep	Wendy
	6	Th13	Lengths	Mary
	7	Th14	Lengths	Wendy
	Multi-skills 8 & 9	Th15	Lengths	Steve

Clear pool by 7.00 pm

### **STAGES 8 - 10**

This class will cover stages 8 & 9 of swimming, as well as stage 8 of diving & synchro.

In order to help swimmers get used to the requirements of competitive swimming & diving, we encourage swimmers in this squad to attend twice or more per week. The price per term is the same as all lessons regardless of number of sessions attended.

There are 10 stages for swimming, diving, water polo & Synchro but the requirement for stages 9 & 10 are very Difficult and we will be encouraging swimmers to move to clubs in order to complete these stages.

**Saturday**

code	stage	teacher	area
S1	1 - 2	Kat	Shallow
S2	2 - 3	Nat	Mid
S3	4	Steve	Deep
S4	Ducklings	Nat	Shallow
S5	2 - 3	Kat	Mid
S6	5	Steve	Deep
S7	1 - 2	Nat	Shallow
S8	2 - 3	Steve	Mid
S9	4	Kat	Deep
S10	Ducklings	Steve	Shallow
S11	2 - 3	Kat	Mid
S12	5	Nat	Deep
S13	1 - 2	Kat	Shallow
S14	2 - 3	Steve	Mid
S15	4	Nat	Deep
S16	6	Kat	Lengths
S17	7	Kat	lengths
S18	Multi-skills 8 & 9	Nat	lengths
SWP	Water polo	Steve	All pool
S19	1 - 2	Steve	Shallow
S20	2 - 3	Kat	Mid
S21	5	Nat	Deep
S22	1 - 2	Nat	Shallow
S23	2 - 3	Steve	Mid
S24	4	Kat	Deep
S25	Ducklings	Kat	Shallow
S26	Adult & Child	Nat	Mid
S27	5	Steve	Deep
S28	6	Nat	Lengths
S29	7	Steve	Lengths
S30	Multi-skills 8 & 9	Nat	Lengths

**THIS TIMETABLE  
WILL BE  
OPERATIONAL  
FROM  
JANUARY 2009**

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Seven Hills School, Hemsworth Rd,  
SHEFFIELD, S8 8LN

Please don't call the  
school - we merely hire  
the pool from them and  
they can't help you with  
any queries

Come and join us in  
the fun of  
learning to swim!



Swim Lesson

Timetable 2009



Swim School Member