

Venue colour code = Courtlands Hotel - Carden Avenue - Roedean - Surrenden - West Hove - Hangleton

ALL OF OUR LESSONS RUN FOR 30 MINUTES. LESSON LEVEL'S / TIME'S CHANGE TERMLY... PLEASE CHECK WITH US AT THE OFFICE FOR AN ACCURATE UP DATE

Timetable	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am						
9.30am						
10am					Pre School 3	NEW!!! (starting April term)
10.30am					Pre School 4	9.30AM - 12.30PM
11am					Pre School 2	Lessons for all abilities from Non Swimmer up to Improver 1
11.30am					Pre School 3	
1200 midday	Pre School 2					
12.30pm	Pre School 1					
1pm	Pre School 3					
1.30pm	Pre School 5					
2pm						
2.30pm						
3pm						
3.15pm				NEW!!! (starting April term)		
3.30pm	Non Swimmers	Beginners 2		3.30PM - 5.30PM	Non Swim - Beg 1 - Beg 2 - Imp 1	
3.45pm	Non Swimmers	Non Swim - Beg 1 - Beg 2 + private		Lessons for all abilities from Non Swimmer up to Improver 1		
4pm	Improvers 2 + Private	Beginners 2 + Private	Non Swim - Beg 1 - Beg 2 - Imp 1 - Imp 2	Non swimmers	Non Swim - Beg 2 - Imp 1 - Imp 3	
4.30pm	Non Swimmers	Non swimmers		Beginners 2 + private		
4.30pm	Beginners 2 + Private	Non Swim - Beg 1 - Beg 2 Improver 1	Non Swim - Beg 1 - Beg 2 - Imp 1 - Imp 2		Non Swim - Beg 2 - Imp 1 - Imp 3	
4.30pm	Beginners 2	Beginners 2 + Private		Improvers 1 + private		
4.30pm		Non Swim - Beg 1 - Imp 1 - Imp 2-3			Young non swim - Non Swim-Beg 1 - Imp 1-2 - Imp 3	
5pm	Beginners 1 + Private	Beginner 2	Non Swim - Beg 1 - Beg 2 - Imp 2 - Advanced			
5pm	Beginners 2 + private	Improver 1 + Private	Coaching sessions	Non swimmers + private		
5.30pm		Non Swim - Beg 1 - Beg 2 - Imp 2			NEW!!!	
5.30pm	Beginners 1 + Private	Beginners 1	Non swim - Beg 1 - Imp 1 - Imp 2 - Advanced		Coaching sessions	
5.30pm		Beginners 2 + private			Rookie Lifeguard	
6pm	Private lessons only		Adult Beginners + Improvers			
6.30pm			Adult Beginners + Improvers			
Coming soon!!!		Disabled swimming tuition / guidance	More Adult times / venues / days			