

POOLS ON THE PARK - SWIM SCHOOL TIMETABLE

April 2025 onwards

| Pre-School Classes (under 5's) | | Stage Classes - Teaching Pool | | Stage Classes - Main Pool | | |
|-----------------------------------|------------------|----------------------------------|---------|------------------------------|---------|----------|
| Monday | | Monday | | Monday | | |
| 11:30-11:55 | A&C 24-36 | 3:45-4:15 | Stage 1 | 6:00-6:30 | Stage 5 | Stage 8 |
| 12:00-12:25 | A&C 12-24 | 4:15-4:45 | Stage 2 | 6:30-7:00 | Stage 6 | Stage 7 |
| 12:35-13:00 | Pre-sch Beginner | 4:45-5:15 | Stage 3 | 7:00-7:30 | Stage 9 | |
| 13:00-13:25 | Pre-sch Improver | 5:15-5:45 | Stage 4 | 7:00-7:45 | Swimfit | |
| 13:00-13:25 | Pre-sch Advanced | | | | | |
| Tuesday | | Tuesday | | Tuesday | | |
| 10:05-10:30 | A&C 24-36 | 3:45-4:15 | Stage 2 | 6:00-6:30 | Stage 8 | Stage 10 |
| 10:30-10:55 | Pre-sch Beginner | 4:15-4:45 | Stage 1 | 6:30-7:00 | Stage 6 | Stage 7 |
| 12:00-12:25 | A&C 6-12 | 4:45-5:15 | Stage 4 | 7:00-7:30 | Stage 5 | Stage 9 |
| 12:25-13:00 | A&C 12-24 | 5:15-5:45 | Stage 3 | | | |
| 13:00-13:25 | Pre-sch Beginner | | | | | |
| 14:35-15:00 | Pre-sch Beginner | | | | | |
| 15:00-15:25 | Pre-sch Improver | | | | | |
| Wednesday | | Wednesday | | Wednesday | | |
| 11:05-11:30 | Pre-sch Improver | 3:45-4:15 | Stage 4 | 6:00-6:30 | Stage 5 | Stage 8 |
| 11:30-11:55 | Pre-sch Beginner | 4:15-4:45 | Stage 3 | 6:30-7:00 | Stage 6 | Stage 7 |
| 12:35-13:00 | A&C 24-36 | 4:45-5:15 | Stage 2 | 7:00-7:45 | Rookies | |
| 14:35-15:00 | Pre-sch Beginner | 5:15-5:45 | Stage 1 | | | |
| Thursday | | Thursday | | Thursday | | |
| 10:05-10:30 | A&C 24-36 | 3:45-4:15 | Stage 3 | 6:00-6:30 | Stage 6 | Stage 7 |
| 10:30-10:55 | A&C 6-12 | 4:15-4:45 | Stage 2 | 6:30-7:00 | Stage 5 | Stage 8 |
| 12:00-12:25 | A&C 12-24 | 4:45-5:15 | Stage 1 | 7:00-7:30 | Stage 9 | Stage 10 |
| 12:25-13:00 | Pre-sch Improver | 5:15-5:45 | Stage 4 | | | |
| 13:00-13:25 | Pre-sch Beginner | | | | | |
| Friday | | Friday | | Friday | | |
| 12:05-12:30 | Pre-sch Beginner | 3:45-4:15 | Stage 1 | 6:00-6:30 | Stage 5 | Stage 7 |
| 12:30-12:55 | Pre-sch Beginner | 4:15-4:45 | Stage 4 | 6:30-7:00 | Stage 6 | |
| 13:00-13:25 | Pre-sch Improver | 4:45-5:15 | Stage 3 | 7:00-7:30 | Stage 8 | |
| | | 5:15-5:45 | Stage 2 | | | |
| | | Saturday | | Saturday | | |
| | | 8:15-8:45 | Stage 1 | 8:00-8:30 | Stage 5 | Stage 6 |
| | | 8:45-9:15 | Stage 3 | 8:30-9:00 | Stage 9 | Stage 10 |
| | | 9:15-9:45 | Stage 4 | 9:00-9:30 | Stage 7 | Stage 8 |
| | | 9:45-10:15 | Stage 2 | 9:30-10:15 | Swimfit | |

Notes

A&C = Adult & Child Class