

School Years Swimming Lessons

WEEKLY TIMETABLE



Enrol Now!

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ENROLMENT
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Junior Courses (4+ years)

The junior swim lessons are for children 4 years and over. Our swimming lesson programme runs in stages allowing your child to become competent, confident and safe in the water. At each of the stages, children will be working to achieve the ASA National Plan Awards and progress through onto the next stage.

Stage 2 – Incorporates Stage 1 - **For children who are unable to swim one width on their backs and fronts confidently.** Develops basic safety awareness, movement skills and water confidence. Includes safe entries into the water, jumping in, floating, independent travel and rotation unaided to regain upright positions. Swimmers may use aids which will be reduced as they progress and gain confidence.

Stage 2 (8+ yrs) – A class especially for those aged eight and over who are unable to swim one width on their backs and fronts confidently in basic paddle.

Stage 3 – **For children who can confidently swim one width of the teaching pool unaided on their front and back and are water confident.** They will develop skill techniques in the main strokes, safe entries including submersion, progress rotation skills and water safety knowledge.

Stage 3 (8+ yrs) – A class especially for those aged eight and over who can confidently swim one width of the teaching pool unaided on their front and back and are water confident.

Stage 4 – In the Splash Pool - **for children who can swim ten metres showing basic skills in front crawl, backstroke and breaststroke.** They will develop the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and developing technique and stamina.

Stage 5 – **For children who can swim half a length of the main pool in basic front crawl, backstroke and breaststroke.** Course includes introduction to sculling, treading water and somersaults as well as progressing stroke and stamina development.

Stage 6 – **For children who can swim one length front crawl, backstroke and breaststroke.** They will develop effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise. Stroke development continues with stamina being improved.

Stage 7 – **For children who can swim two lengths front crawl, backstroke and breaststroke.** Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop starts (diving) and turns. Combines a variety of skills accomplished throughout stages 1 – 7.

Stage 8 – **For children who can swim 100 metres on all three strokes confidently and consistently.** Continues to improve stroke technique and stamina, development of starts (diving) and turns and introduction of timed sets.

Stage 9 – **For children who can swim 200 metres on all three strokes confidently and consistently.** Timed sets incorporating turns learnt previously. Development of stamina and starts for all four strokes.

Junior Swim Fit – **For those children who are aged nine and above who have completed Stage 7 of the new National Plan Awards or Level 10 of the previous National Swim Awards.** Focuses on fitness, involves swimming lengths to develop stamina and drills to give stroke correction. Other areas covered include personal survival and challenge swimming awards.

Swim Fit Open Session – **(For swimmers able to swim 100 metres in 3 basic strokes)** For Adults & Juniors (age 9 and above) every Sunday 8.00 – 9.00am. Swimming sessions focusing on improving stamina and general fitness including basic stroke correction.

Course Fees

12 Week term £59.40

13 Week term £64.35

No lessons during Half Term:
Monday 13th – Sunday 19th February
For booking details please contact Customer Service

Swim Fit open Session

Sunday 8.00 – 9.00am
This is a 'Pay as You Go' open session.

Adults £5.25

Juniors £4.25

Private Swimming Lessons

Learn to swim or improve your swimming strokes and skills whatever your ability.

One pupil to one teacher £18.25
for 30min.

Two pupils to one teacher £26.75
for 30min.

Book and pay for a block of 5 private lessons in advance and you will get the 6th lesson free.
Please contact Bobby Storrie – Swimming Administration on (01202) 436800 for more details.



Bournemouth Swimming Academy also offer swimming lessons at Pelhams Park Leisure Centre (01202 437801) and Stokewood Leisure Centre (01202 437840).

Monday 9th January – 26th March (12 Weeks) No lessons 13th February – Half Term

Stage 2	3.45 – 4.15pm	Tracy Goddard	Stage 5	4.15 – 4.45pm	Ann McGrath	Stage 3	5.15 – 5.45pm	Sharon Mayall
Stage 2	3.45 – 4.15pm	Sharon Mayall	Stage 7	4.15 – 4.45pm	Paul Oliver	Stage 4	5.15 – 5.45pm	Sally St Clair
Stage 3	3.45 – 4.15pm	Dominique Aitchison	Stage 9	4.15 – 4.45pm	Mark Corben	Stage 5	5.15 – 5.45pm	Ann McGrath
Stage 4	3.45 – 4.15pm	Sally St Clair	Stage 2	4.45 – 5.15pm	Tracy Goddard	Stage 7	5.15 – 5.45pm	Paul Oliver
Stage 6	3.45 – 4.15pm	Ann McGrath	Stage 2	4.45 – 5.15pm	Dominique Aitchison	Stage 9	5.15 – 5.45pm	Mark Corben
Stage 5	3.45 – 4.15pm	Paul Oliver	Stage 3	4.45 – 5.15pm	Sharon Mayall	Stage 4	5.45 – 6.15pm	Sally St Clair
Pre Club	3.45 – 4.15pm	Mark Corben	Stage 4	4.45 – 5.15pm	Sally St Clair	Stage 2	5.45 – 6.15pm	Dominique Aitchison
Stage 2	4.15 – 4.45pm	Dominique Aitchison	Stage 5	4.45 – 5.15pm	Ann McGrath	Stage 3	5.45 – 6.15pm	Tracy Goddard
Stage 2	4.15 – 4.45pm	Sharon Mayall	Stage 6	4.45 – 5.15pm	Paul Oliver	Stage 2	5.45 – 6.15pm	Sharon Mayall
Stage 3	4.15 – 4.45pm	Tracy Goddard	Swim Fit	4.45 – 5.15pm	Mark Corben			
Stage 4	4.15 – 4.45pm	Sally St Clair	Stage 2	5.15 – 5.45pm	Tracy Goddard			

Tuesday 3rd January – 27th March (13 Weeks) No lessons 14th February – Half Term

Stage 2	3.45 – 4.15pm	Ruth Evans	Stage 7	4.15 – 4.45pm	Annie Craven	Stage 3	5.15 – 5.45pm	Gabriella Kindl
Stage 2	3.45 – 4.15pm	Angela Medley	Stage 8	4.15 – 4.45pm	Bobby Storrie	Stage 4	5.15 – 5.45pm	Ruth Evans
Stage 3	3.45 – 4.15pm	Gabriella Kindl	Stage 2	4.45 – 5.15pm	Angela Medley	Stage 5	5.15 – 5.45pm	Zena Pastecchia
Stage 4	3.45 – 4.15pm	Liz Rowden	Stage 2	4.45 – 5.15pm	Gabriella Kindl	Stage 8	5.15 – 5.45pm	Annie Craven
Stage 5	3.45 – 4.15pm	Zena Pastecchia	Stage 3	4.45 – 5.15pm	Liz Rowden	Stage 6	5.15 – 5.45pm	Bobby Storrie
Stage 6	3.45 – 4.15pm	Annie Craven	Stage 4	4.45 – 5.15pm	Ruth Evans	Stage 3	5.45 – 6.15pm	Gabriella Kindl
Stage 2	4.15 – 4.45pm	Ruth Evans	Stage 7	4.45 – 5.15pm	Annie Craven	Stage 2	5.45 – 6.15pm	Angela Medley
Stage 2	4.15 – 4.45pm	Gabriella Kindl	Stage 6	4.45 – 5.15pm	Zena Pastecchia	Stage 2	5.45 – 6.15pm	Liz Rowden
Stage 3	4.15 – 4.45pm	Angela Medley	Stage 9	4.45 – 5.15pm	Bobby Storrie	Stage 2	5.45 – 6.15pm	Bobby Storrie
Stage 5	4.15 – 4.45pm	Zena Pastecchia	Stage 2	5.15 – 5.45pm	Liz Rowden			
Stage 4	4.15 – 4.45pm	Liz Rowden	Stage 3	5.15 – 5.45pm	Angela Medley			

Wednesday 4th January – 28th March (13 Weeks) No lessons 15th February – Half Term

Stage 2	3.45 – 4.15pm	Annette Roycroft	Stage 5	4.15 – 4.45pm	Julie Shirley	Stage 3	5.15 – 5.45pm	Maggie Greco
Stage 2	3.45 – 4.15pm	Sarah O'hallaran	Stage 8	4.15 – 4.45pm	Sherre Norris	Stage 4	5.15 – 5.45pm	Bobby Storrie
Stage 3	3.45 – 4.15pm	Maggie Greco	Stage 2	4.45 – 5.15pm	Annette Roycroft	Stage 5	5.15 – 5.45pm	Julie Shirley
Stage 4	3.45 – 4.15pm	Bobby Storrie	Stage 2	4.45 – 5.15pm	Maggie Greco	Stage 9	5.15 – 5.45pm	Anne Craven
Stage 5	3.45 – 4.15pm	Julie Shirley	Stage 3	4.45 – 5.15pm	Sarah O'hallaran	Stage 8	5.15 – 5.45pm	Sherre Norris
Stage 6	3.45 – 4.15pm	Sherre Norris	Stage 4	4.45 – 5.15pm	Bobby Storrie	Stage 2	5.45 – 6.15pm	Sarah O'hallaran
Stage 2	4.15 – 4.45pm	Annette Roycroft	Stage 5	4.45 – 5.15pm	Julie Shirley	Stage 2(8+ yrs) (SP)	5.45 – 6.15pm	Annette Roycroft
Stage 2	4.15 – 4.45pm	Sarah O'hallaran	Stage 6	4.45 – 5.15pm	Anne Craven	Stage 2	5.45 – 6.15pm	Maggie Greco
Stage 3	4.15 – 4.45pm	Maggie Greco	Stage 9	4.45 – 5.15pm	Sherre Norris	Stage 3	5.45 – 6.15pm	Anne Craven
Stage 4	4.15 – 4.45pm	Bobby Storrie	Stage 2	5.15 – 5.45pm	Sarah O'hallaran			
Stage 7	4.15 – 4.45pm	Anne Craven	Stage 3	5.15 – 5.45pm	Annette Roycroft			

Thursday 5th January – 29th March (13 Weeks) No lessons 16th February – Half Term

Stage 2	3.45 – 4.15pm	Tracy Goddard	Stage 8	4.15 – 4.45pm	TBA	Stage 4	5.15 – 5.45pm	Sharon Mayall
Stage 2	3.45 – 4.15pm	Gabriella Kindl	Stage 2	4.45 – 5.15pm	TBA	Stage 5	5.15 – 5.45pm	Bobby Storrie
Stage 3	3.45 – 4.15pm	Sharon Mayall	Stage 2	4.45 – 5.15pm	Gabriella Kindl	Stage 6	5.15 – 5.45pm	TBA
Stage 4	3.45 – 4.15pm	TBA	Stage 3	4.45 – 5.15pm	Tracy Goddard	Stage 8	5.15 – 5.45pm	Liz Goodall
Stage 5	3.45 – 4.15pm	Bobby Storrie	Stage 4	4.45 – 5.15pm	Sharon Mayall	Stage 2	5.45 – 6.15pm	Sharon Mayall
Stage 2	4.15 – 4.45pm	Tracy Goddard	Stage 5	4.45 – 5.15pm	Bobby Storrie	Stage 2	5.45 – 6.15pm	TBA
Stage 2	4.15 – 4.45pm	Gabriella Kindl	Stage 7	4.45 – 5.15pm	Liz Goodall	Stage 3 (8+ yrs)	5.45 – 6.15pm	Liz Goodall
Stage 3	4.15 – 4.45pm	Sharon Mayall	Stage 9	4.45 – 5.15pm	TBA			
Stage 4	4.15 – 4.45pm	TBA	Stage 3	5.15 – 5.45pm	Gabriella Kindl			
Stage 5	4.15 – 4.45pm	Bobby Storrie	Stage 3	5.15 – 5.45pm	TBA			
Stage 6	4.15 – 4.45pm	Liz Goodall	Stage 2	5.15 – 5.45pm	Tracy Goddard			

Friday 6th January – 30th March (13 Weeks) No lessons 17th February – Half Term

Stage 2	3.45 – 4.15pm	Liz Goodall	Stage 8	4.15 – 4.45pm	TBA	Stage 4	5.15 – 5.45pm	Tara Goom
Pre school 2	3.45 – 4.15pm	Ann McGrath	Stage 2	4.45 – 5.15pm	Liz Goodall	Stage 7	5.15 – 5.45pm	TBA
Stage 3	3.45 – 4.15pm	Sally St Clair	Stage 2	4.45 – 5.15pm	Ann McGrath	Stage 9	5.15 – 5.45pm	Bobby Storrie
Stage 4	3.45 – 4.15pm	Tara Goom	Stage 3	4.45 – 5.15pm	Sally St Clair	Stage 5	5.15 – 5.45pm	Ruth Evans
Stage 6	3.45 – 4.15pm	TBA	Stage 4	4.45 – 5.15pm	Tara Goom	Stage 4	5.45 – 6.15pm	Tara Goom
Stage 2	4.15 – 4.45pm	Liz Goodall	Stage 5	4.45 – 5.15pm	Ruth Evans	Stage 2	5.45 – 6.15pm	Ann McGrath
Stage 3	4.15 – 4.45pm	Ann McGrath	Stage 6	4.45 – 5.15pm	Bobby Storrie	Stage 3	5.45 – 6.15pm	Liz Goodall
Stage 3	4.15 – 4.45pm	Sally St Clair	Swim Fit	4.45 – 5.15pm	TBA			
Stage 4	4.15 – 4.45pm	TBA	Stage 2	5.15 – 5.45pm	Liz Goodall			
Stage 5	4.15 – 4.45pm	Ruth Evans	Stage 3	5.15 – 5.45pm	Ann McGrath			
Stage 7	4.15 – 4.45pm	Bobby Storrie	Stage 2	5.15 – 5.45pm	Sally St Clair			

Saturday 7th January – 31st March (13 Weeks) No lessons 18th February – Half Term

Stage 2	8.00 – 8.30am	Gabriella Kindl	Stage 8	8.30 – 9.00am	Liz Goodall	Stage 3	9.30 – 10.00am	Ruth Evans
Stage 6	8.00 – 8.30am	Ruth Trach	Stage 2	9.00 – 9.30am	Ruth Evans	Stage 3	9.30 – 10.00am	Gabriella Kindl
Stage 7	8.00 – 8.30am	Susan Skinner	Stage 2	9.00 – 9.30am	Gabriella Kindl	Stage 4	9.30 – 10.00am	TBA
Stage 2	8.30 – 9.00am	Michelle Moberly	Stage 3	9.00 – 9.30am	Michelle Moberly	Stage 5	9.30 – 10.00am	Ruth Trach
Stage 3	8.30 – 9.00am	TBA	Stage 4	9.00 – 9.30am	TBA	Stage 6	9.30 – 10.00am	Susan Skinner
Stage 3	8.30 – 9.00am	Gabriella Kindl	Stage 5	9.00 – 9.30am	Ruth Trach	Stage 9	9.30 – 10.00am	Liz Goodall
Stage 4	8.30 – 9.00am	Ruth Evans	Stage 7	9.00 – 9.30am	Susan Skinner	Stage 2	10.00 – 10.30am	Ruth Evans
Stage 5	8.30 – 9.00am	Ruth Trach	Stage 8	9.00 – 9.30am	Liz Goodall	Stage 5	10.00 – 10.30am	Susan Skinner
Stage 7	8.30 – 9.00am	Susan Skinner	Stage 2	9.30 – 10.00am	Michelle Moberly	Swim Fit	10.00 – 10.30am	Liz Goodall

Sunday 8th January – 1st April (13 Weeks) No lessons 19th February – Half Term

Stage 2	8.00 – 8.30am	Tracy Goddard	Stage 7	9.00 – 9.30am	Chelsea Bailey	Stage 7	9.30 – 10.00am	Brigitte Fung
Stage 2	8.30 – 9.00am	TBA	Stage 6	9.00 – 9.30am	Tara Goom	Stage 8	9.30 – 10.00am	Tara Goom
Stage 3	8.30 – 9.00am	Tracy Goddard	Stage 5	9.00 – 9.30am	Brigitte Fung	Stage 2	10.00 – 10.30am	Chelsea Bailey
Stage 4	8.30 – 9.00am	Gabriella Kindl	Stage 2	9.30 – 10.00am	TBA	Stage 6	10.00 – 10.30am	Tara Goom
Stage 5	8.30 – 9.00am	Tara Goom	Stage 2	9.30 – 10.00am	Gabriella Kindl			
Stage 2	9.00 – 9.30am	Tracy Goddard	Stage 3	9.30 – 10.00am	Chelsea Bailey			
Stage 3	9.00 – 9.30am	TBA	Stage 4	9.30 – 10.00am	Tracy Goddard			