

Cridders Swim Programme September 2008 till July 2009

Corbets Tey				Corbets Tey				Corbets Tey				Corbets Tey			
Monday		Start time		Tuesday		Start time		Wednesday		Start time		Thursday		Start time	
				Aqua Tots	5.00 > 5.30	Aqua Tots	5.00 > 5.30	Aqua Tots	5.00 > 5.30	Aqua Tots	5.00 > 5.30	Aqua Tots	5.00 > 5.30		
				Aqua Tots	5.30 > 6.00	Aqua Tots	5.30 > 6.00	Aqua Tots	5.30 > 6.00	Aqua Tots	5.30 > 6.00	Aqua Tots	5.30 > 6.00		
				Aqua Tots	6.00 > 6.30	Aqua Tots	6.00 > 6.30	Aqua Tots	6.00 > 6.30	Aqua Tots	6.00 > 6.30	Aqua Tots	6.00 > 6.30		
				Aqua Tots	6.30 > 7.00	Aqua Tots	6.30 > 7.00	Aqua Tots	6.30 > 7.00	Aqua Tots	6.30 > 7.00	Aqua Tots	6.30 > 7.00		
Beginners	5.00	>	5.30	Beginners	5.00	>	5.30	Beginners	5.00	>	5.30	Beginners	5.00	>	5.30
Beginners	5.30	>	6.00	Beginners	5.30	>	6.00	Beginners	5.30	>	6.00	Beginners	5.30	>	6.00
Beginners	6.00	>	6.30	Beginners	6.00	>	6.30	Beginners	6.00	>	6.30	Beginners	6.00	>	6.30
Beginners	6.30	>	7.00	Beginners	6.30	>	7.00	Beginners	6.30	>	7.00	Beginners	6.30	>	7.00
Corbets Tey : Harwood Hall Lane, Corbets Tey, Upminster Essex				Aquatots ( 2years plus)											
				Beginners (LTS learn to swim)											
Coopers School: St Marys Lane, Upminster Essex				W11 & W12 (improvers) widths 1 & 2											
				W13 (Improvers) 40 min class widths 3											
				Multi Aqua (various other water activities)											
Gaynes School ; Brackendale Gardens , Upminster Essex				L11 & L12 (advance improvers) Lengths 1 & 2 30 min class											
				L13 Option 1 (pre swimfit) 1 hour lesson											
Chaffords Sports Centre: Lambs Lane, Rainham Essex				Swim fit for those who want to keep fit through swimming											
				or want to prepare for competitive swimming											
Coopers Pool				Chaffords				Gaynes							
Monday		Start time		Friday		Start time		Thursday		Start time		Classes			
Length Improvers 1	7.05	>	7.35	Length Improvers 1	6.30	>	7.00	Swimfit	6.30	>	7.30	Aquatots ( 2years plus)			
Length Improvers 2	7.35	>	8.05	Length Improvers 2	7.00	>	7.30					Beginners (LTS learn to swim)			
Length Improvers 3	7.05	>	8.05	Length Improvers 3	6.30	>	7.30					W11 & W12 (improvers) widths 1 & 2			
Swimfit	7.05	>	8.05	Swimfit	6.30	>	7.30					W13 (Improvers) 40 min class widths 3			
<b>Wednesday</b> Start time												L11 & L12 (advance improvers) Lengths 1 & 2			
Width Improvers 1	6.35	>	7.05									L13 Option 1 (pre swimfit) 1 hour lesson			
Width Improvers 2	7.05	>	7.35					Multi Aqua (various other water activities)							
<b>Saturday</b> Start time								Swim fit for those who want to keep fit thro							
Width Improvers 1	10.05	>	10.35					or want to prepare for competitive swimmir							
Width Improvers 2	10.35	>	11.05												
Width Improvers 3	11.10	>	11.50												
Multi Aqua	11.55	>	12.35												