

# Aubigny Swimming Lessons



Day	Time	Teaching Pool	Main Pool			
<b>Monday</b>	9:15am - 9:45am	Adult & Baby				
	9:45am - 10:15am	Adult & Toddler				
	10:15am - 10:45am	Adult & Child				
	10:45am - 11:15am	Tiddlers				
	11:00am - 11:30am		SwimSkills 1A			
	11:30am - 12:00pm	Pre-school				
	12:30pm - 1:00pm	Pre-school				
	1:00pm - 1:30pm	SwimSkills 1A				
	4:00pm - 4:30pm		ASN - Otters			
4:30pm - 5:00pm		ASN - Otters				
5:00pm - 5:30pm		ASN - Otters				
<b>Tuesday</b>	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3
	5:30pm - 6:00pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3
	6:00pm - 6:30pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3
	6:30pm - 7:00pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 2
<b>Wednesday</b>	9:15am - 9:45am	Adult & Baby				
	9:45am - 10:15am	Adult & Toddler				
	10:15am - 10:45am	Adult & Child				
	10:45am - 11:15am	Tiddlers				
	11:00am - 11:30am		Pre-school			
	11:30am - 12:00pm	Pre-school				
	12:00pm - 12:30pm	Pre-school				
	1:30pm - 2:00pm	Pre-school				
	2:00pm - 2:30pm	Pre-school				
	2:30pm - 3:00pm	SwimSkills 1A				
	4:00pm - 4:30pm	SwimSkills 1B	SwimSkills 1B			
	4:30pm - 5:00pm	SwimSkills 1B	SwimSkills 1B			
	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 4		
5:30pm - 6:00pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 4			
<b>Thursday</b>	9:15am - 9:45am	Adult & Baby				
	9:45am - 10:15am	Adult & Toddler				
	10:15am - 10:45am	Adult & Child				
	10:45am - 11:15am	Tiddlers				
	11:00am - 11:30am		Pre-school			
	11:30am - 12:00pm	Pre-school				
	12:00pm - 12:30pm	Pre-school				
	12:30pm - 1:00pm	SwimSkills 1A				
	2:00pm - 2:30pm	Pre-school				
	2:30pm - 3:00pm	Pre-school				
	3:00pm - 3:30pm	Pre-school				
	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 2	SwimSkills 2
	5:30pm - 6:00pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 2
	6:00pm - 6:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3
6:30pm - 7:00pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3	
<b>Friday</b>	9:15am - 9:45am	Adult & Baby				
	9:45am - 10:15am	Adult & Toddler				
	4:30pm - 5:00pm		SwimSkills 4			
	5:00pm - 5:30pm		SwimSkills 4			
	5:30pm - 6:00pm		SwimSkills 4			
<b>Saturday</b>	8:30am - 9:00am	SwimSkills 1B				
	9:00am - 9:30am	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3
	9:30am - 10:00am	Pre-school	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3
	10:00am - 10:30am	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 2
	10:30am - 11:00am	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3

# Dunbar Swimming Lessons



Day	Time	Lessons Available			
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<b>Monday</b>	4:00pm - 4:30pm	Pre-school	SwimSkills 1A	SwimSkills 2	SwimSkills 3
	4:30pm - 5:00pm	Pre-School	SwimSkills 1B	SwimSkills 2	SwimSkills 4
	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 4
	5:30pm - 6:00pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 3

<b>Tuesday</b>	9:15am - 9:45am	Pre-school			
	9:45am - 10:15am	Pre-school	Adult & Baby		
	10:15am - 10:45am	Adult & Toddler			
	10:45am - 11:15am	Adult & Child			

<b>Wednesday</b>	9:15am - 9:45am	Pre-school			
	9:45am - 10:15am	SwimSkills 1A			
	12:45pm - 1:15pm	Adult & Child			
	1:15pm - 1:45pm	Adult & Baby			
	4:00pm - 4:30pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 4
	4:30pm - 5:00pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 3
	5:00pm - 5:30pm	Pre-school	SwimSkills 1B	SwimSkills 2	Club Ready
	5:30pm - 6:00pm	Pre-school			

<b>Thursday</b>	9:15am - 9:45am	Pre-school			
	9:45am - 10:15am	Pre-school			
	3:30pm - 4:00pm			SwimSkills 2	
	4:00pm - 4:30pm	Pre-school	SwimSkills 1B	SwimSkills 2	SwimSkills 3
	4:30pm - 5:00pm	Pre-school	SwimSkills 1A	SwimSkills 2	SwimSkills 4
	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 3
	5:30pm - 6:00pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 4

<b>Saturday</b>	8:15am - 8:45am	Pre-school	SwimSkills 1A	SwimSkills 2	SwimSkills 4
	8:45am - 9:15am	Pre-School	SwimSkills 1B	SwimSkills 2	SwimSkills 3
	9:15am - 9:45am	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 4
	9:45am - 10:15am	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 3

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Correct as of 1st March 2018, but may be subject to change.



# Loch Centre Swimming Lessons



Day	Time	Lessons Available		
<b>Monday</b>	4:00pm - 4:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2
	4:30pm - 5:00pm	SwimSkills 1A	SwimSkills 2	SwimSkills 2
	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 3
	5:30pm - 6:00pm	SwimSkills 4	SwimSkills 4	
<b>Tuesday</b>	9:30am - 10:00am	Pre-school		
	10:00am - 10:30am	Pre-school		
	1:30pm - 2:00pm	Pre-school		
	2:00pm - 2:30pm	Pre-school		
<b>Wednesday</b>	2:00pm - 2:30pm	Pre-school		
	2:30pm - 3:00pm	Pre-school		
<b>Thursday</b>	4:00pm - 4:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2
	4:30pm - 5:00pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2
	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 2	SwimSkills 3
	5:30pm - 6:00pm	SwimSkills 4	SwimSkills 4	
<b>Saturday</b>	9:00am - 9:30am	Pre-school	SwimSkills 1A	SwimSkills 1B
	9:30am - 10:00am	SwimSkills 1A	SwimSkills 1A	SwimSkills 2
	10:15am - 10:45am	SwimSkills 1B	SwimSkills 2	SwimSkills 3

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Correct as of 30th January 2018, but may be subject to change.



# Musselburgh Swimming Lessons

Day	Time	Lessons Available				
Monday	10:30am - 11:00am	Pre-school	Pre-school			
	11:00am - 11:30am	Pre-school				
	11:30am - 12:00pm	Pre-school				
	12:30pm - 1:00pm	Adult & Baby				
	1:00pm - 1:30pm	Adult & Toddler				
	1:30pm - 2:00pm	Adult & Child				
	4:45pm - 5:15pm	Pre-school	Pre-school	SwimSkills 1A	SwimSkills 2	ASN
	5:15pm - 5:45pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	
	5:45pm - 6:15pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 2
	6:30pm - 7:00pm	SwimSkills 3	SwimSkills 3	SwimSkills 4		
Tuesday	4:30pm - 5:00pm	Pre-school				
	5:00pm - 5:30pm	SwimSkills 1A				
	5:30pm - 6:00pm	ASN				
	6:00pm - 6:30pm	ASN	ASN			
Wednesday	1:00pm - 1:30pm	Pre-school				
	1:30pm - 2:00pm	Pre-school				
	2:00pm - 2:30pm	Pre-school				
	4:00pm - 4:30pm	Pre-school	SwimSkills 1A	SwimSkills 1A	SwimSkills 1B	
	4:30pm - 5:00pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	
	5:00pm - 5:30pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 2
	5:45pm - 6:15pm	SwimSkills 2	SwimSkills 3	SwimSkills 3	SwimSkills 4	
Thursday	10:00am - 10:30am	Pre-school				
	10:30am - 11:00am	Pre-school	SwimSkills 1A			
	11:30am - 12:00pm	Pre-school				
	2:00pm - 2:30pm	Pre-school				
	2:30pm - 3:00pm	Pre-school				
Friday	2:30pm - 3:00pm	Pre-school	SwimSkills 1A	SwimSkills 1A		
	3:00pm - 3:30pm	SwimSkills 1A	SwimSkills 1B	SwimSkills 2		
	3:30pm - 4:00pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 4		
	4:00pm - 4:30pm	Pre-school	SwimSkills 2	SwimSkills 2		
Saturday	9:00am - 9:30am	Pre-school	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 3
	9:30am - 10:00am	Pre-school	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 2
	10:00am - 10:30am	SwimSkills 1B	SwimSkills 1B	SwimSkills 1B	SwimSkills 3	SwimSkills 3
	10:30am - 11:00am	SwimSkills 1A	SwimSkills 1A	SwimSkills 1B	SwimSkills 2	SwimSkills 4

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# North Berwick Swimming Lessons



Day	Time	Lessons Available				
Monday	10:30am - 11:00am	Pre-school				
	11:00am - 11:30am	Pre-school				
	2:00pm - 2:30pm	SwimSkills 1A				
	2:30pm - 3:30pm	SwimSkills 1B				
	3:30pm - 4:00pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 3	1 to 1
	4:00pm - 4:30pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 3	ASN
	4:30pm - 5:00pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 2	ASN
	5:10pm - 5:40pm	SwimSkills 3	Club Ready	ASN		
	5:50pm - 6:20pm	1 to 1				
	6:20pm - 6:50pm	1 to 1	1 to 1			
	7:00pm - 7:30pm	1 to 1	1 to 1			
Tuesday	2:00pm - 2:30pm	Pre-school				
	2:30pm - 3:00pm	Pre-school				
Wednesday	5:00pm - 5:30pm	1 to 1				
Thursday	11:00am - 11:30am	SwimSkills 1A				
	11:30am - 12:00pm	Pre-school				
	3:30pm - 4:00pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 2	SwimSkills 3
	4:00pm - 4:30pm	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 2	SwimSkills 3
	4:30pm - 5:00pm	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 4
	5:00pm - 5:30pm	SwimSkills 1B	SwimSkills 2	SwimSkills 2	ASN	
Friday	10:00am - 10:30am	Pre-school				
	10:30am - 11:00am	Adult & Toddler				
	11:00am - 11:30am	Adult & Child				
Saturday	9:00am - 9:30am	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 3	
	9:30am - 10:00am	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 3
	10:00am - 10:30am	SwimSkills 1B	SwimSkills 1B	SwimSkills 2	SwimSkills 2	SwimSkills 4
	10:30am - 11:00am	Adult & Child	Pre-school	Pre-school	SwimSkills 1A	1 to 1

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# Swimming Lesson Levels Criteria



<p><b>Adult &amp; Baby</b> <b>Adult &amp; Toddler</b> <b>Adult &amp; Child</b></p>	<p><b>Adult &amp; Baby</b> For the adult to develop a range of skills to handle their baby in the water, practising basic body positions so the baby builds confidence and enjoyment in the aquatic environment.</p>	<p><b>Adult &amp; Toddler</b> To encourage the toddler to gain independent movement and core aquatic skills through structured play focusing on fun, enjoyment and self-discovery</p>	<p><b>Adult &amp; Child</b> To further develop aquatic skills through structured play and develop the independence necessary for the next level (without the adult in the water).</p>
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<p><b>Pre-School</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the pool safely without assistance</li> <li>• Display aquatic breathing with full submersion (blow bubbles through mouth and nose)</li> <li>• Fully submerge body</li> <li>• Demonstrate floatation front and back with or without a buoyancy aid</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate streamlining on front and back with or without a buoyancy aid</li> <li>• Travel 5 metres on front or back with or without a buoyancy aid</li> <li>• Jump in without assistance</li> <li>• Demonstrate three different movements across the pool</li> </ul>
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<p><b>SwimSkills 1A</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the pool safely without assistance</li> <li>• Fully submerge body</li> <li>• Demonstrate floatation front and back with or without a buoyancy aid</li> <li>• Demonstrate a push and glide on front and back without buoyancy aids</li> </ul>	<ul style="list-style-type: none"> <li>• Kick on front and back with or without a buoyancy aid for 5 metres</li> <li>• Jump in without assistance</li> <li>• Swim a minimum of 5 metres consistently demonstrating Frontcrawl and Backcrawl</li> </ul>
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<p><b>SwimSkills 1B</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate floatation front and back without a buoyancy aid</li> <li>• Demonstrate a mushroom float</li> <li>• Demonstrate a push and glide</li> <li>• Kick on front and back with or without a buoyancy aid for 10 metres</li> </ul>	<ul style="list-style-type: none"> <li>• Swim a minimum of 10 metres consistently demonstrating Frontcrawl and Backcrawl</li> <li>• Show rotation from floating position front to back and back to front</li> <li>• Demonstrate a sculling action</li> <li>• Demonstrate repetitive bobbing for 30 seconds</li> </ul>
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<p><b>SwimSkills 2</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate a push and glide with leg kick for 5 meters holding a streamline position</li> <li>• Kick on front and back for a minimum of 15 metres</li> <li>• Swim Frontcrawl with regular breathing for a minimum of 15 metres</li> </ul>	<ul style="list-style-type: none"> <li>• Swim Backcrawl for a minimum of 15 metres</li> <li>• Demonstrate breaststroke leg kick</li> <li>• Scull for 10 metres head first on back supported</li> <li>• Head first surface dive to collect an object from the bottom of the pool (minimum depth of 1.2 metres)</li> </ul>
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<p><b>SwimSkills 3</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Travel on front and perform a somersault, finishing in a streamlined position</li> <li>• Swim 25 metres Frontcrawl and Backcrawl consistently maintaining correct technique</li> <li>• Demonstrate Breaststroke with simultaneous leg and arm action</li> <li>• Demonstrate basic Butterfly technique</li> </ul>	<ul style="list-style-type: none"> <li>• Travel 5 metres with an undulating body action</li> <li>• Tread water for 30 seconds waving one hand above head to attract attention</li> <li>• Triple S Standard - completing the award</li> <li>• Enter and exit the pool without using the steps</li> <li>• Scull for 10 metres</li> </ul>
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<p><b>SwimSkills 4</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Swim a minimum of 50 metres of Frontcrawl demonstrating push and glide, competent technique with bi-lateral breathing, high elbow and reach and pull</li> <li>• Swim a minimum of 50 metres of Backcrawl demonstrating push and glide, good technique, steady head position with rolling of the shoulders round the long axis</li> </ul>	<ul style="list-style-type: none"> <li>• Swim a minimum of 50 metres of Breaststroke demonstrating push and glide, good technique and basic undulation</li> <li>• Swim a minimum of 15 metres Butterfly demonstrating push and glide, competent technique and basic undulation</li> <li>• Perform a dive with transition to any stroke</li> <li>• Perform a straddle jump</li> <li>• Tread water for 45 seconds</li> </ul>
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<p><b>Club Ready</b></p>	<p><b>By the end of this level your child will be able to:</b></p> <ul style="list-style-type: none"> <li>• Swim 100 metres of Frontcrawl, maintaining effective technique and incorporating race skills</li> <li>• Swim 100 metres of Backcrawl, maintaining effective technique and incorporating race skills</li> <li>• Swim 50 metres of Breaststroke, maintaining effective technique and incorporating race skills</li> </ul>	<ul style="list-style-type: none"> <li>• Swim 25 metres of Butterfly, maintaining effective technique and incorporating race skills</li> <li>• Attempt 100 metres Individual Medley, incorporating race skills</li> <li>• Understand lane discipline and use of a timing clock</li> </ul>
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