

Aubigny Swimming Lessons



Day	Time	Teaching Pool	Main Pool
Monday	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	
Tuesday	5:00pm - 5:30pm	SwimSkills 1A	SwimSkills 1B
	5:30pm - 6:00pm	SwimSkills 1B	SwimSkills 1B
	6:00pm - 6:30pm	SwimSkills 1B	SwimSkills 1B
	6:30pm - 7:00pm	SwimSkills 1A	SwimSkills 1B
Wednesday	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
5:30pm - 6:00pm	SwimSkills 1A	SwimSkills 1A	
Thursday	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
	5:30pm - 6:00pm	SwimSkills 1A	SwimSkills 1B
	6:00pm - 6:30pm	SwimSkills 1A	SwimSkills 1B
6:30pm - 7:00pm	SwimSkills 1A	SwimSkills 1B	
Friday	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
Saturday	8:30am - 9:00am	SwimSkills 1B	
	9:00am - 9:30am	SwimSkills 1A	SwimSkills 1B
	9:30am - 10:00am	Pre-school	SwimSkills 1B
	10:00am - 10:30am	SwimSkills 1A	SwimSkills 1B
	10:30am - 11:00am	SwimSkills 1A	SwimSkills 1B

Dunbar Swimming Lessons



Day	Time	Lessons Available			
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Monday	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

Tuesday	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			

Wednesday	12:15pm - 12:45pm	Adult & Toddler			
	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	SwimSkills 3

Thursday	9:15am - 9:45am	Pre-school			
	9:45am - 10:15am	Pre-school			
	10:15am - 10:45am	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

Saturday	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 18th October 2017, but may be subject to change.



Loch Centre Swimming Lessons



Day	Time	Lessons Available		
Monday	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	
Tuesday	9:30am - 10:00am	Pre-school		
	10:00am - 10:30am	Pre-school		
	1:30pm - 2:00pm	Pre-school		
	2:00pm - 2:30pm	Pre-school		
Wednesday	2:00pm - 2:30pm	Pre-school		
	2:30pm - 3:00pm	Pre-school		
Thursday	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	
Saturday	9:00am - 9:30am	Pre-school	SwimSkills 1B	SwimSkills 2
	9:30am - 10:00am	SwimSkills 1A	SwimSkills 1A	SwimSkills 2
	10:15am - 10:45am	SwimSkills 1B	SwimSkills 2	SwimSkills 3

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Musselburgh Swimming Lessons

Day	Time	Lessons Available				
Monday	10:30am - 11:00am	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	SwimSkills 4	
Tuesday	4:30pm - 5:00pm	Pre-school				
	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	SwimSkills 2
	4:30pm - 5:00pm	Pre-school	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	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	Club Ready
Thursday	10:00am - 10:30am	Pre-school	Pre-school			
	10:30am - 11:00am	Pre-school	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 3		
	4:00pm - 4:30pm	Pre-school	SwimSkills 2	SwimSkills 2		
Saturday	9:00am - 9:30am	Pre-school	SwimSkills 1A	SwimSkills 1A	SwimSkills 2	SwimSkills 2
	9:30am - 10:00am	SwimSkills 1A	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 1B	SwimSkills 2	SwimSkills 4	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	
	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	SwimSkills 4	ASN	ASN	
Tuesday	2:00pm - 2:30pm	Pre-school				
	2:30pm - 3:00pm	Pre-school				
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	10:30am - 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	

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Swimming Lesson Levels Criteria



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