

Stanway Timetable • Key to Sessions

Group Lessons

Swim Club

School Lessons

Just Swim

Ladies Just Swim

Aqua Aerobics

Pool Party

Monday

9.30am | 12.00pm
Group Lessons

12.00pm | 1.00pm
Just Swim

1.00pm | 2.00pm
Group Lessons

2.00pm | 3.00pm
School Lessons

3.15pm | 7.15pm
Group Lessons

7.15pm | 9.15pm
Swim Club

Tuesday

9.30am | 12.00pm
Group Lessons

12.00pm | 1.00pm
Just Swim

1.00pm | 3.00pm
Group Lessons

3.15pm | 7.15pm
Group Lessons

7.15pm | 9.15pm
Swim Club

Wednesday

9.30am | 12.00pm
Group Lessons

12.00pm | 1.00pm
Just Swim

1.00pm | 2.00pm
Group Lessons

2.00pm | 3.00pm
School Lessons

3.15pm | 7.15pm
Group Lessons

7.15pm | 9.15pm
Swim Club

Thursday

6.00am | 7.30am
Swim Club

9.30am | 12.00pm
Group Lessons

12.00pm | 1.00pm
Just Swim

1.00pm | 3.00pm
Group Lessons

3.15pm | 7.15pm
Group Lessons

7.15pm | 8.15pm
Swim Club

Friday

9.30am | 12.00pm
Group Lessons

12.00pm | 1.00pm
Just Swim

1.00pm | 2.00pm
Group Lessons

2.00pm | 3.00pm
School Lessons

3.15pm | 7.15pm
Group Lessons

7.15pm | 9.15pm
Swim Club

Saturday

6.30am | 8.30am
Swim Club

8.30am | 3.00pm
Group Lessons

3.00pm | 5.00pm
Pool Party

4.00pm | 6.00pm
Family Just Swim

Sunday

8.30am | 2.00pm
Group Lessons

2.00pm | 4.00pm
Pool Party

3.00pm | 5.00pm
Family Just Swim

For further information please call 0845 838 8952 or email: colchester@firststrokes.com

Details on all of our lessons and activities can be found on our website at www.firststrokes.com



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