



Ipswich Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7.30pm → 9.30pm Just Swim		7.30pm → 9.30pm Just Swim	8.00am → 2.00pm Lessons	8.00am → 2.00pm Lessons
9.30am → 12.00pm Lessons	9.30am → 12.00pm Lessons	9.30am → 12.00pm Lessons	9.30am → 12.00pm Lessons	9.30am → 12.00pm Lessons	2.00pm → 4.00pm Just Swim	2.00pm → 4.00pm Just Swim
12.00pm → 1.00pm Just Swim	12.00pm → 1.00pm Just Swim	12.00pm → 1.00pm Just Swim	12.00pm → 1.00pm Just Swim	12.00pm → 1.00pm Just Swim	4.00pm → 6.00pm Pool Parties	4.00pm → 6.00pm Pool Parties
1.00pm → 3.45pm Lessons & holiday fun sessions	1.00pm → 3.45pm Lessons & holiday fun sessions	1.00pm → 3.45pm Lessons & holiday fun sessions	1.00pm → 3.45pm Lessons & holiday fun sessions	1.00pm → 3.45pm Lessons & holiday fun sessions	Key Blue = Just Swim (Public Sessions) Orange = Family Just Swim (Public Sessions) Red = Lessons Green = Lessons & holiday fun sessions Purple = Pool Parties	
3.45pm → 7.15pm Lessons	3.45pm → 7.15pm Lessons	3.45pm → 7.15pm Lessons	3.45pm → 7.15pm Lessons	3.45pm → 7.15pm Lessons		
	7.15pm → 8.15pm Just Swim	7.15pm → 8.15pm Just Swim	7.15pm → 8.15pm Just Swim			



For further information
please call 0845 838 8956
or email ipswich@firststrokes.com

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

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