

# Events Calendar begins here!

**JANUARY**  
Happy New Year to all our First Stroke Swimmers!

**FEBRUARY**  
Distance Swims

**Distance Swimming**

**MARCH**  
Mothering Sunday 'Mum's Swim for Free!



**APRIL**  
Easter Activities



**MAY**  
Spring Activities

**Holidays!! Fun-Fun-Fun**

**JUNE**  
Father's Day 'Dad's Swim for Free!'



**JULY & AUGUST**  
Summer Activities & Swim Camp



**SEPTEMBER**  
Distance Swims

**Distance Swimming**

**OCTOBER**  
Halloween Activities



**NOVEMBER** Children in Need  
Week 'PJ Swim!'



**DECEMBER**  
Christmas Activities



**GREAT ACTIVITIES  
TO BOOK:**

- Splash Attack
- One to One Lessons
- Crash Courses

**Look out for our Mermaid Courses!**



A full hour in the pool and  
then another hour in the  
party room



Inflatable fun!



Take your skills further  
with a distance award - just check  
with reception for times and  
**GO THE DISTANCE!**



Swim all week and bring the  
family for FREE at the weekend!  
(up to 2 adults, 2 children).



**Summer holiday Fun!**

Have fun learning to swim, improving  
your strokes and learn new skills  
in AND out of the water!



Learning to swim  
designed for children aged  
4 months to 2½ years old



**Ipswich**  
01473 599 066  
**Stanway**  
01206 213135

**Billericay**  
01277 657111  
**Godmanchester**  
01480 375145

# Timetable



## Ipswich

Hadleigh Road Sroughton  
Ipswich IP8 3AS  
01473 599 066

[www.firststrokes.com](http://www.firststrokes.com)

# Ipswich Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am → 12.00pm Group Lessons	9.30am → 12.00pm Group Lessons	9.30am → 12.00pm Group Lessons	9.30am → 12.00pm Group Lessons	9.30am → 12.00pm Group Lessons	8.00am → 2.00pm Group Lessons	8.00am → 2.00pm Group Lessons
Private Lessons available every day - booking required						
9.30am → 10.30am Baby Splash	9.30am → 10.30am Baby Splash	9.30am → 10.30am Baby Splash	9.30am → 10.30am Baby Splash	9.30am → 10.30am Baby Splash	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	2.00pm → 6.00pm Pool Parties	2.00pm → 6.00pm Pool Parties
1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays	<b>Key</b> Light Blue = Just Swim Blue = Holiday Activities, or Just Swim during holidays Red = Private Lessons for up to 3 Swimmers Green = Group Lessons Lime = Active Wellbeing Session - Referral required Orange = School Swimming During Term Time Purple = Pool Parties Crimson = Baby Splash	
	1.00pm → 2.00pm Active Wellbeing With referral via Active Suffolk			1.00pm → 2.00pm Group Lessons		
	2.00pm → 3.00pm Just Swim			2.00pm → 3.00pm Just Swim		
3.45pm → 7.45pm Group Lessons	3.45pm → 7.45pm Group Lessons	3.45pm → 7.45pm Group Lessons	3.45pm → 7.45pm Group Lessons	3.45pm → 7.45pm Group Lessons		



For further information  
please call 0845 838 8956 / 01473 599 066  
or email [ipswich@firststrokes.com](mailto:ipswich@firststrokes.com)  
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[instagram.com/firststrokesswimschools](https://instagram.com/firststrokesswimschools)

