

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



JUNE

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

Holidays!!
Fun-Fun-Fun

JULY & AUGUST

Summer Activities

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!



Mermaid
Swimming
begins here!



Pool Parties

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



Distance
Swimming

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



Just Swim

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

Adult &
1-2-1 Lessons

We cater for all ages and
abilities and provide lessons in a safe
and comfortable environment, to
enable you to overcome your fears
and gain water confidence.



Baby & You
Lessons

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

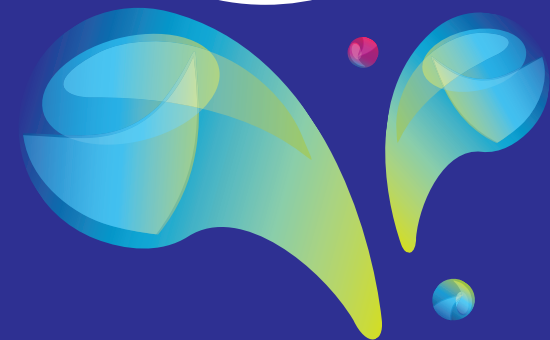


Stanway
01206 213 135
Billericay
01277 657111



Ipswich
01473 599066
Godmanchester
01480 375145

Timetable



STANWAY

342 London Rd, Stanway,
Colchester CO3 8LT
01206 213 135

www.firststrokes.com

STANWAY

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						
10.00am → 12.00pm Baby Splash	10.00am → 12.00pm Baby Splash	10.00am → 12.00pm Baby Splash	10.00am → 12.00pm Baby Splash	10.00am → 12.00pm Baby Splash	2.00pm → 4.00pm Family Just Swim	2.00pm → 4.00pm Family 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 Group Lessons	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays Group Lessons	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays Group Lessons	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays Group Lessons	1.00pm → 3.00pm School Swimming During Term Time or Holiday Activities & Just Swim during holidays Group Lessons	Key Light Blue = Just Swim Blue = Family Swim Sky Blue = Holiday Activities, or Just Swim during holidays Red = Private Lessons - for up to 3 Swimmers Orange = School Swimming During Term Time Green = Group Lessons Purple = Pool Parties Crimson = Baby Splash	
3.45pm → 8.15pm Group Lessons	3.45pm → 8.15pm Group Lessons	3.45pm → 8.15pm Group Lessons	3.45pm → 8.15pm Group Lessons	3.45pm → 8.15pm Group Lessons		



For further information
 please call 0845 838 8952 / 01206 213 135
 or email stanway@firststrokes.com
facebook.com/firststrokes.com
instagram.com/firststrokesswimschools

