

AHC Swimming Lesson Timetable

Monday			
	Level 2	Level 1	Level 1
4pm	Stage 4B	Stage 1	Stage 3
4:30pm	Stage 5	Stage 2	Stage 1
5pm	Stage 6	Stage 4A	Stage 3
5:30pm	Stage 7	Stage 1	Stage 2

Thursday			
	Level 2	Level 1	Level 1
4pm	Rookie	Stage 1	Stage 2
4:30pm	Lifeguard	Stage 2	Stage 3
5pm	Stage 4B	Stage 4A	Stage 1
5:30pm	Stage 5	Stage 1	Stage 3
6pm	Stage 6	Stage 2	Stage 4A

Tuesday			
	Level 2	Level 1	Level 1
4pm	Stage 6	Stage 2	Stage 4A
4:30pm	Stage 4B	Stage 3	Stage 1
5pm	Stage 7	Stage 2	Stage 4A
5:30pm	Rookie	Stage 1	Stage 3
6pm	Lifeguard	Stage 4A	Stage 2

Friday			
	Level 2	Level 1	Level 1
4pm	Stage 4B	Stage 1	Stage 2
4:30pm	Stage 5	Stage 3	Stage 4A
5pm	Stage 6	Stage 1	Stage 2
5:30pm	Stage 7	Stage 3	Stage 4A

Wednesday			
	Level 2	Level 1	Level 1
4pm	Multi	Stage 1	Stage 3
4:30pm	Aquatic	Stage 4A	Stage 1
5pm	Stage 4B	Stage 3	Stage 2
5:30pm	Stage 5	Stage 2	Stage 1

