

## AHC Swimming Lesson Timetable

Monday				
	Lois		Samara	Ben
3:45pm	Stage 3	4pm	Stage 1	Stage 3
4:15pm	Stage 2	4:30pm	Stage 1	Stage 5
4:45pm	Stage 3	5pm	Stage 4A	Stage 6
5:15pm	Stage 2	5:30pm	Stage 1	Stage 7

Thursday				
	Lois		Ella	Ben W
3:45pm	Stage 1	4pm	Stage 2	Rookie
4:15pm	Stage 2	4:30pm	Stage 3	Lifeguard
4:45pm	Stage 1	5pm	Stage 4A	Stage 4B
5:15pm	Stage 1	5:30pm	Stage 3	Stage 5
5:45pm	Stage 2	6pm	Stage 4A	Stage 2

Tuesday				
	Abbie		George	Ben
3:45pm	Stage 4A	4pm	Stage 2	Ducklings
4:15pm	Stage 3	4:30pm	Stage 1	Stage 4B
4:45pm	Stage 4A	5pm	Stage 2	Stage 6
5:15pm	Stage 3	5:30pm	Stage 1	Adult
5:45pm	Stage 4A	6pm	Stage 2	Lessons

Friday				
	Lois		George	Ben
3:45pm	Stage 4B	4pm	Stage 1	Stage 2
4:15pm	Stage 5	4:30pm	Stage 3	Stage 4A
4:45pm	Ducklings	5pm	Stage 1	Stage 2
5:15pm	Stage 7	5:30pm	Stage 3	Stage 4A

Wednesday				
	Abbie		George	Ben
3:45pm	Stage 3	4pm	Stage 1	Multi
4:15pm	Stage 4A	4:30pm	Stage 1	Aquatic
4:45pm	Stage 3	5pm	Stage 2	Ducklings
5:15pm	Stage 2	5:30pm	Stage 1	Stage 5



