

# Aquarius Swimming Lessons at The Alan Higgs Centre

Updated – 21/10/22



## MONDAYS

4:00pm – 4:30pm	S 1	S 3	S 3	S 4B	
4:30pm – 5:00pm	S 1	S 5	S 2	S 3	
5:00pm – 5:30pm	S 4A	S 6 – 7	S 3	Ducklings	S 1
5:30pm – 6:00pm	S 1	S 6 – 7	S 2	S 4A	

## TUESDAYS

4:00pm – 4:30pm	S 2	S 1	S 1	S 4B	
4:30pm – 5:00pm	S 1	S 4B	S 4A	S 3	
5:00pm – 5:30pm	S 2	S 6 – 7	S 3	S 4A	
5:30pm – 6:00pm	S 1	Adult Lessons	Ducklings	S 3	
6:00pm – 6:30pm	S 2	Adult Lessons	S 4B	S 4A	

## WEDNESDAYS

4:00pm – 4:30pm	S 1	Multi Aquatic	S 3	S 2	
4:30pm – 5:00pm	S 1	Multi Aquatic	S 4A	Ducklings	
5:00pm – 5:30pm	S 2	Ducklings	S 3	S 4B	
5:30pm – 6:00pm	S 1	S 5	S 2	S 3	

## THURSDAYS

4:00pm – 4:30pm	S 2	Rookie Lifeguard	S 4A	S 1	
4:30pm – 5:00pm	S 3	Rookie Lifeguard	S 1	S 2	
5:00pm – 5:30pm	S 4A	S 4B	S 3	S 1	
5:30pm – 6:00pm	S 3	S 5	Ducklings	S 1	
6:00pm – 6:30pm	S 4A	S 2	S 4B		

## FRIDAYS

4:00pm – 4:30pm	S 1	S 2	S 4B	S 3	
4:30pm – 5:00pm	S 3	S 4A	S 5	S 2	
5:00pm – 5:30pm	S 1	S 2	S 4B	Ducklings	
5:30pm – 6:00pm	S 3	S 4A	S 6-7	S 4A	

## Children's Lesson Prices – 30 minutes

Full Price (No Go CV)	£28.50 per month
Go CV	£26.50 per month
Go CV + Concession	£22.50 per month

## Multi Aquatics – 60 minute

Full Price (No Go CV)	£35.50 per month
Go CV	£33.50 per month
Go CV + Concession	£31.50 per month

## Duckling and Adult Lessons

Duckling – 12 weeks	£70.00
Adult – 12 weeks	£80.00

## Aquarius Member Benefits

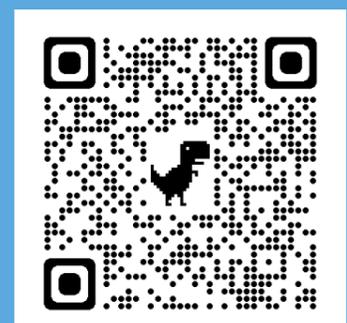
- Public Swimming sessions at Centre AT7, The Alan Higgs Centre and Xcel Leisure Centre are FREE\*
- The Wave Waterpark entry for FREE\*

Use your unique code when booking your space and bring along your Aquarius Wristband\*\* when arriving at your session!

\*Aquarius Member only from Stage 1 and up. Admission Policies apply at all centres.

\*\* Wristband can be obtained at Centre AT7, The Alan Higgs Centre, Xcel Leisure Centre or The Wave for a one off fee of £15.00.

Find our timetable online by visiting:



[www.cvlife.co.uk/swimming-lessons/](http://www.cvlife.co.uk/swimming-lessons/)