

SwimEasy Programme for 2009/10 season

Venue

Day

Time

Autumn Term

Spring Term

Summer Term

Forth Valley Swimming Pools

Main Lessons Programme

			2009	2010	2010
Braes High School (Polmont)	Sat	09:00 - 11:00	5 Sept - 5 Dec	9 Jan - 27 March	24 April - 26 June
Larbert High School (Stenhousemuir)	Sun	09:00 - 12:30	6 Sept - 6 Dec	10 Jan - 28 March	25 April - 27 June

West Lothian Swimming Pools

Main Lessons Programme

			2009	2010	2010
Donaldsons (Linlithgow)	Tue	16:30 - 18:30	1 Sept - 1 Dec	12 Jan - 30 March	20 April - 29 June
Donaldsons (Linlithgow)	Weds	16:30 - 18:30	2 Sept - 2 Dec	13 Jan - 31 March	21 April - 23 June
Donaldsons (Linlithgow)	Sat	14:00 - 17:00	5 Sept - 5 Dec	16 Jan - 27 March	24 April - 26 June

(Main Programme designed for children 4 years and older. Classes run every 40 mins from scheduled start time.)

SwimFast Programme

			2009	2010	2010
Braes High	Sat	11:00 - 12 noon	5 Sept - 5 Dec	9 Jan - 27 March	24 April - 26 June
Larbert High School	Sun	12:30 - 13:30	6 Sept - 6 Dec	10 Jan - 28 March	25 April - 27 June
Donaldsons (Linlithgow)	Mon	18:30 - 19:30	7 Sept - 14 Dec	11 Jan - 29 March	19 April - 28 June

(SwimFast advanced lessons designed to prepare children for progression to Warrender Swimming Club or a club in your local area. Classes run for 1 hour from scheduled start time.)

SwimFit Programme

			2009	2010	2010
Donaldsons (Linlithgow)	Mon	18:30 - 19:30	7 Sept - 14 Dec	11 Jan - 29 March	19 April - 28 June

(SwimFit advanced lessons for children and adults, designed to maintain and promote fitness. Classes run for 1 hour from scheduled start time.)

SwimTots / SwimBabies Programme

			2009	2010	2010
Donaldsons (Linlithgow)	Sun	9:30 - 12:30	13 Sept - 29 Nov	17 Jan - 28 March	25 April - 27 June

(SwimTots pre-main programme designed for 2 & 3 year old toddlers. SwimBabies for 6 month - 24 month old infants. Classes run every half hour from scheduled start time)

Holiday Rapid Track Programme

				2010 (Easter)	2010 (Summer)
Donaldsons (Linlithgow)	Mon to Fri	09:30 - 11:30		Week Com 13 April	Weeks Com 12/19/26 July 2 Aug