



Swim Academy - Timetable - September 2020

Learning to be swimmers and preparation for entering swimming squads



| Squad / Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Sessions | Swimming time |
|--|--|---------|-------------------------------------|-----------------------------|-----------------------------|--|--|----------|---------------|
| Swim Academy 1 - Stage 5 of the Swim England National Teaching Plan. Ages 6 to 8 | | | | 5.15 to 5.45pm Badminton | 6.00 to 6.30pm Badminton | 10.00 to 10.30am OR 10.30 to 11.00am Badminton | | 1 or 2 | 30m or 1hr |
| Swim Academy 2 - Stage 6 of the Swim England National Teaching Plan. Ages 6 to 8 | | | | 5.15 to 5.45pm Badminton | 6.00 to 6.30pm Badminton | 10.00 to 10.30am OR 10.30 to 11.00am Badminton | | 1 or 2 | 30m or 1hr |
| Swim Academy 3 - Stage 7 of the Swim England National Teaching Plan. Ages 7 to 9 | 5.00 to 5.30pm or 6 to 6.30pm Henbury | | 6.30 to 7.00pm St Mary Redcliffe | | 7.00 to 7.30pm Henbury | 8.55 to 9.25am Badminton | 5.15 to 5.45pm or 6.15-6.45pm Henbury or 6.00 to 6.30pm Easton | 1 or 2 | 30m or 1hr |
| Swim Academy 4 - Stage 8 of the Swim England National Teaching Plan. Ages 8 to 10 | 5.30 to 6.00pm or 6.30pm to 7.00pm Henbury | | 6.30 to 7.00pm St Mary Redcliffe | | 7.00 to 7.30pm Henbury | 9.25 to 9.55am Badminton | 5.45 to 6.15pm or 6.45-7.15pm Henbury or 6.30 to 7.00pm Easton | 1 or 2 | 30m or 1hr |

Please note, prior to Sept 2020, Swim Academy 3 was called Swim Academy 1 and Swim Academy 4 was called Swim Academy 2.