

LEON LEISURE CENTRE SWIMMING LESSONS

Leon Leisure Centre Swimming Lessons Timetable January 2012

STAGES

PRE SCHOOL

No swimming experience before

STAGE ONE

Has some water confidence

STAGE THREE

Can travel through the water with
no floats up to 5 metres

STAGE FOUR

Can travel through the water with no
floats up to 25 metres

STAGE FIVE

Has a understanding of all four
strokes and can perform them over

STAGE SIX

Has a understanding of the correct
breathing techniques for the strokes

For more information on
the stages of swimming
please don't hesitate to
ask.

Contact Leon leisure
center for more info or
send a email to
leisurecentre@leon.milton-keynes.sch.uk

Mondays

Pre School	2.00pm - 2.30pm
Stage One	2.30pm - 3.00pm
Pre School	3.00pm - 3.30pm

Thursdays

Stage one	4.00pm - 4.45pm	5.30pm - 6.15pm
Stage two	4.45pm - 5.30pm	
Stage three	4.45pm - 5.30pm	
Stage four	4.00pm - 4.45pm	
Stage five	5.30pm - 6.15pm	

There will be a maximum of 6 in each class

Just **£33** for the 11 weeks

