



Training For All Aqua Force Academy

Sunday is for time trials only see dates on notice boards

Revised 14-01-17 as aqua force is growing very quickly

Swim Days	Aqua Force 1/2/3	LTS Bubble fish	Improver Shrimps	Advanced 1/2	Advance 3 AQAF 4	Masters Barracuda
Monday	MHLC 5-30 -7-30 pm	DHS 4 Sessions 4-6pm	DHS 2 sessions 4-6pm	MHLC Adv 1 5-30 7-30 pm	DHS Adv 2/3 6-7pm	
Tuesday	DHS 6-8am DHS 7-8pm	DHS 2 Sessions 4-5pm	DHS 1 session 4-5pm	DHS 6-7 pm	DHS Adv 3/4 5-6 pm	DHS 6-8am
Wednesday	DHS 6-8 am MHLC 5-30-7 pm	DHS 2 Sessions 4-5 pm	DHS 1 session 4-5pm	MHLC 5-30 7 pm	DHS Adv 3 5-6 pm	DHS 6-8am
Thursday	DHS 6-8am MHLC 6-30 8-30pm	DHS 2 Session 4-5 pm	DHS 1 session 4-5 pm	MHLC 6-30pm 8-30pm		DHS 6-8am
Friday	DHS 6-8am 6-7.30pm	DHS 1 session 4-4-30pm		DHS 4-5pm	DHS 5-6pm	DHS 6-8am
Saturday	DHS 7-9 am	DHS 2 sessions 11-12pm	DHS 11-12 pm 1 session	DHS 8-30 10am	DHS 10 - 11am	
Sunday	MHLC 8-30-10am Time Trials	See dates on notice board		MHLC 8.30 10am Time Trials	See dates on notice board	
Totals	Up to 14hrs swimming + Land work	13 x 1/2 hour sessions	1 hour sessions	3/4 sessions swimming + Land work	2/3 sessions Swimming + Land work	4 sessions Swimming + Land work
Charges For all AFS Academy	Monthly £50 D.D £52-Cheques	Block of 10 lessons £30	Block of 10 lessons £35	Monthly £30 £40 Advanced	Monthly £20 £30	£2.50 per session

Website www.aquaforceswimacademy.co.uk

Email swimacademy@yahoo.co.uk