



Aqua Force Swimming Academy
Timetable
2025

| | SQUAD | ADVANCED | IMPROVER | LEARN TO SWIM |
|--------------------|---------------------------|----------------------|---|---|
| Monday | MH 6 – 8pm | | | |
| Tuesday | MH 6.30-7.30 am | HT 5 – 6pm | HT – 30 mins sessions 4 - 4.30pm 4.30 – 5.00pm | HT – 30 mins sessions 4 - 4.30pm 4.30 – 5.00pm |
| Wednesday | MH 6 – 8pm | | | |
| Thursday | MH 6 – 8pm | MH 5 – 6pm | | |
| Friday | MH 6.30-7.30 am | | | |
| | | | | |
| Total Hours | 8 hours | 2 hours | | |

MH = Mill House

HT = High Tunstall

Contact – Alison Middleton – Head Coach

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