



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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