



Aqua Force Swimming Academy Timetable



Revised 01.10.18

Swim Days	ADV 3 & 2	ADV 1	AQF 3	AQF 2 & 1	AQF 4	Masters
Monday	DH 6-7pm	MHLC 5.30-6.30pm/ 6.30-7.30pm (COACH TO ADVISE)	MHLC 5.30-7.30pm	MHLC 5.30-7.30pm		
Tuesday	DH 5-6pm	DH 5-6pm (LT) 6-7pm (S)	DH 6-7.30am	DH 6-7.30am	DH 6-7.30am	DH 6-7.30am
			DH 5-6pm (LT) 6-7pm (S)	DH 5-6pm (LT) 7-8pm(S)		
Wednesday	DH 5-6pm	MHLC 5.30-7pm	MHLC 5.30-7pm	DH 6-7.30am	DH 6-7.30am	DH 6-7.30am
				MHLC 5.30-7pm		
Thursday		MHLC 6.30-7.30pm/ 7.30-8.30pm (COACH TO ADVISE)	MHLC 6.30-8.30pm	DH 6-7.30am	DH 6-7.30am	DH 6-7.30am
				MHLC 6.30-8.30pm		
Friday	DH 4-5pm	DH 5-6pm	DH 6-7.30am	DH 6-7.30am	DH 6-7.30am	DH 6-7.30am
			DH 6-7pm	DH 6-7pm		
Saturday	DH 10-11am	DH 9-10am	DH 9-10am	DH 7-9am	DH 9-10am	
Total Hours	2 / 3 Swim Sessions P/w	3 / 4 Swim Sessions P/w + Land Training (LT)	Up to 11.5hrs Swim + Land Training (LT)	Up to 15.5hrs Swim + Land Training (LT)	2 / 3 Session P/w + Land Training (LT)	Up to 4 Sessions P/w
Charges	Monthly £20/ £30 DD	Monthly £30 / £40 DD	Monthly £48 DD	Monthly £50 DD	Monthly £20 / £30 DD	£2.50 Per Session



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