

Holiday Inn, Rochester

Lesson Times	4.00PM	4.30PM	5.00PM	5.30PM	6.00PM	6.30PM	7.00PM		
Monday	Beginner Class	Beginner Class	Swimmer Class	Beginner Class	Improvers Class	2 2 1 Lesson	2 2 1 Lesson		
	1 2 1 Lesson	2 2 1 Lesson	1 2 1 Lesson	1 2 1 Lesson	No Lesson	No Lesson	No Lesson		
Lesson Times	3.30PM	4.00PM	4.30PM	5.00PM	5.30PM	6.00PM	6.30PM		
Wednesday	1 2 1 Lesson	Beginner Class	Swimmer Class	Shallow Improver Class	Beginner Class	Shallow Improver Class	1 2 1 Lesson		
Lesson Times	3.30PM	4.00PM	4.30PM	5.00PM	5.30PM	6.00PM	6.30PM		
Friday	1 2 1 Lesson	Shallow Improver Class	Shallow Improver Class	Improvers Class	Swimmer Class	Beginner Class	1 2 1 Lesson		
Lesson Times	8.30AM	9.00AM	9.30AM	10.00AM	10.30AM	11.00AM	11.30AM	12.00AM	12.30AM
Saturday	1 2 1 Lesson	Beginner Class	Beginner Class	Shallow Improver Class	Improvers Class	Shallow Improver Class	Beginner Class	Shallow Improver Class	Beginner Class