



Aquanauts of Livingston Swimming Club

Lessons Programme - Class information 2020

Stage	James Young High School (Wednesday night)	Deans Community High School Note change of venue (Thursday Night)	Lesson Length	Monthly Cost (Standing Order)	Model Class Size
Beginners 1	6.00-6.30 6.30 - 7.00	6.45-7.15 new time 7.15-7.45 new time 7.45-8.15 new time	30 min	£17.00	1:6
Beginners 2	6.00-6.30 6.30 - 7.00	6.45-7.15 new time 7.15-7.45 new time 7.45-8.15 new time	30 min	£17.00	1:6
Beginners 2 Deep	6.00-6.30 6.30 - 7.00	6.45-7.15 new time 7.15-7.45 new time 7.45-8.15 new time	30 min	£17.00	1:6
Improvers	6.10-6.55 new time 7.00-7.45 new time	6.45-7.30 new time 7.30-8.15 new time	45 min	£18.50	1:8
Stroke Dev	7.00-7.45 new time	6.45-7.30 new time 7.30-8.15 new time	45 min	£18.50	1:12
Rookie	7.00-7.45 new time		45 min	£18.50	1:10

Times may vary - Subject to teacher/ swimmer availability
UPDATED 07/01/2020