THE GALLEON LEISURE CLUB
WILMSLOW ROAD, DIDSBURY, MANCHESTER, M20 5WZ - 0161 445 0225

POOL TIMETABLE

MONDAY

TIME	ACTIVITY	ABILITY	INSTRUCTOR
11:30 - 12:15	Aqua	All	Alice
19:30 - 20:15	Aqua	All	Jo

TUESDAY

TIME	ACTIVITY	ABILITY	INSTRUCTOR
10:15 - 11:00	Aqua	All	Karen
11:15 - 12:00	Aqua	All	Alice

WEDNESDAY

TIME	ACTIVITY	ABILITY	INSTRUCTOR
09:30 - 10:15	Aqua	All	Niki
16:00 - 18:30	Child Swim Lesson	All	Christine
18:30 - 19:00	Adult Masters Swim	Impr	Christine
19:15 - 20:00	Aqua	All	Stewart

THURSDAY

TIME	ACTIVITY	ABILITY	INSTRUCTOR
10:15 - 11:00	Aqua	All	Karen
11:15 - 12:00	Aqua	All	Sarah
16:00 - 19:15	Child Swim Lesson	All	Christine

FRIDAY

TIME	ACTIVITY	ABILITY	INSTRUCTOR
10:30 - 11:15	Aqua	All	Suzanne
16:00 - 17:00	Children's Pool Splash	All	Life Guards

SATURDAY

TIME	ACTIVITY	ABILITY	INSTRUCTOR
08:30 - 14:30	Child Swim Lesson	All	Christine

All Aqua lessons are bookable at reception.
Swimming lessons are bookable with Christine - See back for details

AQUA

Splash your way to fun with this low impact way to increase your fitness. Exercise to music in the pool, using the natural resistance and buoyancy of the water - Suitable for non swimmers.

LATE NIGHT SWIMS

A relaxing swim session in which you can enjoy an ambient atmosphere at the end of a busy day.

ADULTS ONLY

For those who wish to swim continuously, lanes will be provided.

CHILDREN'S POOL SPLASH

Fun with floats for children and their families.

SWIM TOTS & CHILD SWIM LESSONS

Term-time group lessons ranging in age and ability from 4 to teenage years for children who wish to start or return to swimming . These classes help to improve stamina, muscle tone & confidence allowing children to swim competently & safely at any age. Summer holiday crash courses available. For more details contact Christine on 0161 483 2506 (home) or 07718 542 350 (mobile)

ONE TO ONE LESSONS

Beginner, Improver or Advanced adult or child personal tuition. For those who are unconfident in deep water or just want to improve technique please contact Christine on the above numbers.

ADULT MASTERS SWIM

A new swim group for intermediate and advanced swimmers - This is a session specifically designed to improve strokes, style and speed whilst also focusing on front crawl breathing techniques and training for triathlons. Contact Christine.

All the swimming lessons at The Galleon Leisure Club work towards the A.S.A. Awards which range from distance awards, which give incentives for children learning to swim, to progressive awards which encourage watermanship,

Please note that all children under the age of thirteen must be accompanied by an adult whilst in the pool