

# Intensive Swimming lessons at Haverfordwest Leisure Centre 2022

## Week 1

**Monday 25<sup>th</sup> – Friday 29<sup>th</sup> July:**

<b>Main Pool</b>	Hayley	Martin
8.30-9.00am	Wave 3	Wave 3
9.05-9.35am	Wave 4	Wave 5
9.40-10.10am	Wave 4	Wave 6/7

<b>Small Pool</b>	Gaynor	Briony
8.00-8.30am	Splash 1/2	Wave 2
8.35-9.05am	Splash 5/6	Wave 1
9.10-9.40am	Wave 1	Wave 1
9.45-10.15am	Splash 5/6	Wave 2

<b>Breaststroke masterclass Wednesday 27<sup>th</sup> July with Bryony</b>	
10.40-11.10am	This is for wave 3 and 4
11.15-11.45am	This is for wave 5,6, and 7

## Week 2

**Monday 1<sup>st</sup> – Friday 5<sup>th</sup> August:**

<b>Small Pool</b>	Alice	Toby
8.00-8.30am	Splash 1/2	Wave 2
8.35-9.05am	Splash 5/6	Wave 1
9.10-9.40am	Wave 1	Wave 1
9.45-10.15am	Splash 5/6	Wave 2

<b>Frontcrawl and skills masterclass Wednesday 3<sup>rd</sup> August with Martin</b>	
10.40-11.10am	This is for wave 3 and 4
11.15-11.45am	This is for wave 5,6, and 7

## Week 3

Monday 8<sup>th</sup> – Friday 12<sup>th</sup> August:

Small Pool	Gaynor	Briony
8.00-8.30am	Splash 1/2	Wave 2
8.35-9.05am	Splash 5/6	Wave 1
9.10-9.40am	Wave 1	Wave 1
9.45-10.15am	Splash 5/6	Wave 2

Main Pool	Hayley	Alice
8.30-9.00am	Wave 3	Wave 3
9.05-9.35am	Wave 4	Wave 5
9.40-10.10am	Wave 4	Wave 6/7

Breaststroke masterclass Wednesday 17 <sup>th</sup> August with Martin	
10.40-11.10am	This is for wave 3 and 4
11.15-11.45am	This is for wave 5,6, and 7

## Week 4

Week 4 Monday 15<sup>th</sup> – Friday 19<sup>th</sup> August:

Main Pool	Toby	Martin
8.30-9.00am	Wave 3	Wave 3
9.05-9.35am	Wave 4	Wave 5
9.40-10.10am	Wave 4	Wave 6/7

Skills masterclass Wednesday 24 <sup>th</sup> August with Bryony	
10.40-11.10am	This is for wave 3 and 4
11.15-11.45am	This is for wave 5,6, and 7

## Week 5

Monday 22<sup>nd</sup> – Friday 26<sup>th</sup> August:

Small Pool	Gaynor	Martin
8.00-8.30am	Splash 1/2	Wave 2
8.35-9.05am	Splash 5/6	Wave 1
9.10-9.40am	Wave 1	Wave 1
9.45-10.15am	Splash 5/6	Wave 2

Butterfly masterclass Wednesday 10 <sup>th</sup> August with Bryony	
10.40-11.10am	This is for wave 3 and 4
11.15-11.45am	This is for wave 5,6, and 7