



Please remember:
NO CAP – NO SWIM

When we swim

All Fees paid in advance and cover one calendar month.
Additional Membership fees are due on joining and annually in January

LESSONS:

STARFISH–SEAHORSES–TADPOLES–MINNOWS–GOLDFISH

5 graduating ability 'Learn to swim' groups run each session.

Minimum Age: 4 years

Fees: £15.00 - covers ONE session/week. More can be paid for subject to available places

Required kit: (boys & girls): Swim cap & goggles. No baggy shorts

SATURDAY 'A' session	11:30 – 12:00 (Doors open @ 11:20)	BATTLE ABBEY School Pool
SATURDAY 'B' session	12:00 – 12:30	BATTLE ABBEY School Pool
SATURDAY 'C' session	12:30 – 13:00	BATTLE ABBEY School Pool
SUNDAY 'A' session	16:00 – 16:30 (Doors open @ 15:50)	BATTLE ABBEY School Pool
SUNDAY 'B' session	16:30 – 17:00	BATTLE ABBEY School Pool

DOLPHINS

Fees: £19.00

Required kit (boys & girls): Swim cap & goggles, a kick-board (float) & a drink. No baggy shorts

SATURDAY	13:00 – 14:00 (pool share with Darts/Arrows)	BATTLE ABBEY School Pool
WEDNESDAY	18:15 – 19:15 (pool share with Darts/Arrows)	BATTLE ABBEY School Pool
FRIDAY	19:00 – 20:00 (at invitation of Head Coach only)	St. MARY'S School Pool

DARTS

Fees: £22.00

Required kit (boys & girls): Swim cap & goggles, a kick-board (float), pull-buoy & a drink. No baggy shorts

SATURDAY	13:00 – 14:00 (pool share with Dolphins/Arrows)	BATTLE ABBEY School Pool
SUNDAY	17:00 – 18:00 (pool share with Arrows)	BATTLE ABBEY School Pool
WEDNESDAY	18:15 – 19:15 (pool share with Dolphins/Arrows)	BATTLE ABBEY School Pool
THURSDAY	18:30 – 19:30 (pool share with Arrows)	BODIAM MANOR School Pool
FRIDAY	19:00 – 20:00 (pool share with Arrows)	St. MARY'S School Pool

ARROWS

Fees: £22.00

Required kit (boys & girls): Swim cap & goggles, a kick-board, pull-buoy, fins (flippers) & a drink. No baggy shorts

SATURDAY	07:00 – 08:45 (pool share with Seniors)	BATTLE ABBEY School Pool
- " -	or 13:00 – 14:00 (pool share with Dolphins/Darts)	BATTLE ABBEY School Pool
SUNDAY	17:00 – 18:00 (pool share with Darts)	BATTLE ABBEY School Pool
WEDNESDAY	18:15 – 19:15 (pool share with Dolphins/Darts)	BATTLE ABBEY School Pool
THURSDAY	18:30 – 19:30 (pool share with Darts)	BODIAM MANOR School Pool
FRIDAY	19:00 – 20:00 (pool share with Darts)	St. MARY'S School Pool

SENIORS

Senior Squad swimmers are expected to attend on average at least 3 pool sessions per week (at least one at Battle Abbey's 25m pool)

Fees: £28.00

Required kit (boys & girls): Swim cap & goggles, kick-board, pull-buoy, fins, hand paddles (optional), sleeveless drag shirt & a drink. No baggy shorts. **Please note** – Senior Squad always train wearing **TWO** swim costumes or drag shorts.

SATURDAY	07:00 – 08:45	BATTLE ABBEY School Pool
SUNDAY	18:00 – 20:00	BATTLE ABBEY School Pool
WEDNESDAY	19:15 – 21:00	BATTLE ABBEY School Pool
THURSDAY	19:00 – 20:30	BODIAM MANOR School Pool
FRIDAY	20:00 – 21:00	St. MARY'S School Pool