



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:** £16.50 - 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:** £21.00

**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	18:30 – 19:30 (pool share with Darts/Arrows)	BATTLE ABBEY School Pool
FRIDAY	19:00 – 20:00 (at <b>invitation</b> of Head Coach only)	St. MARY'S School Pool

### DARTS

**Fees:** £25.00

**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	18:30 – 19:30 (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:** £25.00

**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	18:30 – 19:30 (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:** £31.00

**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	19:30 – 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