Merchant Taylors' Swimming Lessons

For general enquiries please report to the Ian Robinson Sports Centre.

Day	Session Start Time	Group Stage or Squad
Friday	4.00pm – 4.45pm	Beginner: Stage 1 Inter 1: Stage 2 & 3 Inter 2: Stage 4 (Width session)
	4.45pm – 5.30pm	Beginner: Stage 1 Inter 1: Stage 2 & 3 Inter 2: Stage 4 (Width session)
	5.30pm – 6.40pm	Group 2, 3 & 4 Squad
Saturday	8.45am – 10.00am	Squad Group 3 and 4
	10.00am – 10.45am	Beginner: Stage 1 Inter 1: Stage 2 & 3 Inter 2: Stage 4 (Width session)
	10.45am – 11.30am	Beginner: Stage 1 Inter 1: Stage 2 & 3 Inter 2: Stage 4 (Width session)
	11.30am – 12.30pm	Group 1 and 2
Sunday	9.00am – 10.00am	Group 1 & 2
	10.00am – 11.00am	Group 3 & 4
	10.00am – 11.30am	Squad

The MTSL follows the ASA teaching framework which is an aquatic journey from a complete beginner to a competitive swimmer.

Stage 1 is beginner where your child will learn to build their water confidence and develop floating skills.

Stage 2 is taking the plunge working on your first strokes.

Stage 3 and 4: Developing all 4 strokes and kicks with push and glides.

Stage 5: Coordinating of all the strokes and breathing techniques.

Stage 6: Developing your technique on all 4 strokes into a fluid action over distance.

Stage 7 and 8 we will work on developing your strokes with the corresponding competitive turns.

Please note the club is closed each Easter weekend and August. It continues throughout other school holiday times.