

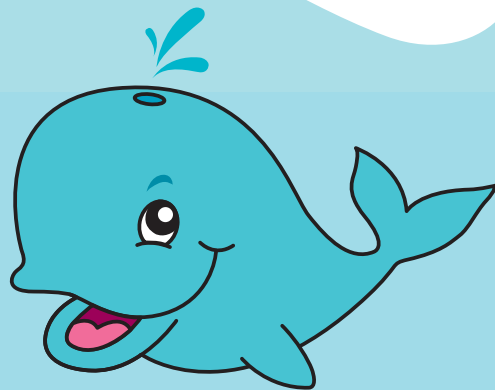
Activities available

For children

- Parent and baby: 4 months to 18 months
- Parent and toddler: 18 months to 3 years
- Pre-school: 3 to 5 years
- After school: Beginners
 - Stroke introduction
 - Stroke improvers
 - Introduction to coaching
 - Advanced 1 hour coaching
- Intensive 1 week crash course
- 1 to 1 private lessons
- Fun swims with lots of pool toys
- Snorkeling
- Scuba diving
- Introduction to synchronised swimming
- Birthday parties

For adults

- Adult beginner and improver lessons
- Intensive 1 week crash course
- Private 1 to1 swimming lessons
- Aquaerobics: daytime classes for over 50's
- Aquaerobics: daytime and evening
- Lane swimming
- Over 50's lane swimming
- Early morning lane swimming

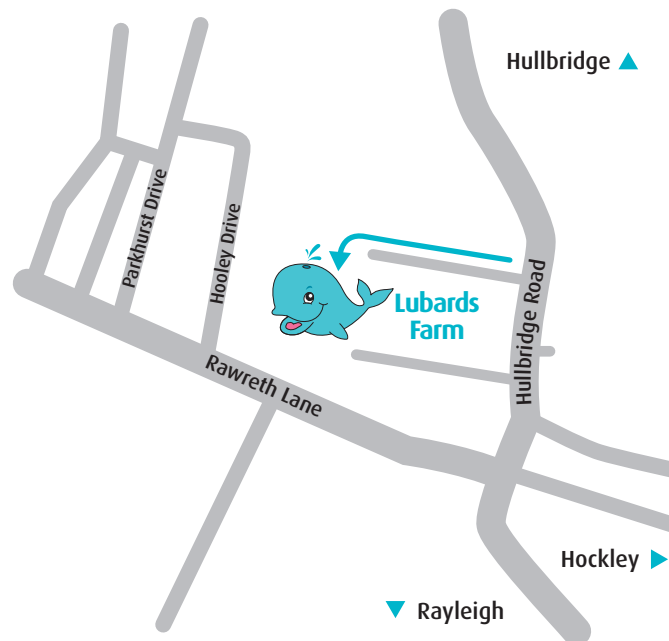


Birthday parties

Why not come and celebrate your birthday at Swimming Tales. We have a wide range of parties to suit everyone, from our gigantic aquarun inflatable the 'Ice Adventure', to our smaller inflatable, Colin the crocodile, to snorkelling or scuba diving.

You can have the whole centre to yourself and the price even includes qualified life guards to supervise and organise games for the children.

Finish off your party with a banquet in our special underwater themed party room!



A purpose built, indoor heated swimming pool designed especially for teaching swimming and a wide range of swimming activities.



Swimming Tales

You'll have a whale of a time!

Lubards Farm, Hullbridge Road,
Rayleigh, Essex SS6 9QG

T: 01268 786 786

www.swimmingtales.co.uk

Term-time swimming

■ Pre-bookable lessons
 ■ Adult turn up and swim sessions
 ■ Children's turn up fun swims

Swimming Tales is a family run swimming centre dedicated to always ensuring you have a whale of a time!

We offer a very high standard of swimming lessons for children and adults, in group or private one to one sessions, with fully qualified, experienced, friendly teachers. Where we ensure you have lots of fun as well as learning!

For adults we have several sessions where you can just turn up and swim for fitness in our nice, friendly, peaceful atmosphere. Or why not try aquaerobic classes for complete body toning, fat burning and a good time!

On a Sunday and throughout the school holidays there are children's fun sessions where you can turn up and practice your skills or just have a play around with our pool toys. We also have our Friday fun club activities which you can try, such as snorkeling, scuba diving, synchronised swimming, inflatable fun or organised fun games.

Don't forget to visit our shop for all your swimming requirements.

For further information

T: 01268 786 786

E: info@swimminhtailes.co.uk

www.swimmingtailes.co.uk



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 – 7.30am	Adult swim			Adult swim			
7.30 – 8.00am						Adult swim	
8.00 – 8.30am							
8.30 – 9.00am			Adult swim				Beginners
9.00 – 9.30am						Beginners	Beginners
9.30 – 10.00am	Pre-school	Parent & Baby	Pre-school	Pre-school	Pre-school	Beginners	Pre-school
10.00 – 10.30am	Pre-school	Parent & Toddler	Parent & Baby	Pre-school	Parent & Toddler	Beginners	Parent & Toddler
10.30 – 11.00am	Parent & Toddler	Pre-school	Parent & Toddler		Pre-school	Parent & Toddler	
11.00 – 11.30am	Parent & Baby	Adult Beginners	Pre-school & under 5's	Aquaerobics	Under 5's	Parent & Baby	Fun swim
11.30 – 12.00am							
12.00 – 12.30pm	Adult swim	Adult swim	Adult swim	Adult swim	Adult swim	Party booking	
12.30 – 1.00pm							
1.00 – 1.30pm	Parent & Toddler	Pre-school	Pre-school	Pre-school	Pre-school		
1.30 – 2.00pm	Pre-school	Pre-school	Parent & Toddler	Parent & Baby	Pre-school		
2.00 – 2.30pm	Pre-school	Pre-school	Pre-school	Parent & Toddler	Over 50's	Party booking	
2.30 – 3.00pm	Aquaerobics	Aquaerobics	Under 5's	Pre-school			
3.00 – 3.30pm	Over 50's	Over 50's					Party booking
3.30 – 4.00pm							
4.00 – 4.30pm	Beginners	Beginners	Beginners	Beginners	Beginners	Party booking	
4.30 – 5.00pm	Beginners	Beginners	Beginners	Beginners	Beginners		
5.00 – 5.30pm	Improvers	Improvers	Improvers	Improvers	Improvers		Party booking
5.30 – 6.00pm	Improvers	Improvers	Improvers	Improvers	Improvers		
6.00 – 6.30pm	Improvers	Improvers	Improvers	Adult swim	Improvers		
6.30 – 7.00pm			Coaching		Friday fun club		
7.00 – 7.30pm	Adult swim	Adult Beginners					
7.30 – 8.00pm							
8.00 – 8.30pm			Aquaerobics				
8.30 – 9.00pm	Aquaerobics						
9.00 – 9.30pm							

All times correct at time of going to press. [Please see website for latest times.](http://www.swimmingtailes.co.uk)