

# Dagenham Swimming Club

# Session Times

Monday		Tuesday			Wednesday		Thursday		Friday		Sunday	
Dagenham		Dagenham			Barking Abbey		Loxford		Barking Abbey		Dagenham	
Group	Times	Group	Pool	Times	Group	Times	Group	Times	Group	Times	Group	Times
Squad	20.30 - 22.00	Ducklings - NPTS 1	Learner Pool	19:00 - 19:30 19:30 - 20:00 20:00 - 20:30	Green Hats - Level NPTS 12	19:30 - 20:30	Adult and Child classes	17:30 - 18:00	Green Hats - Levels NPTS 10 & 11	19:30 - 20:30	Intermediates	15:00 - 16:00
Masters/Adults	20.30 - 22.00	Ducklings - NPTS 2	Learner Pool	19:00 - 19:30 19:30 - 20:00 20:00 - 20:30	Intermediates	19:30 - 21:00	Ducklings - NPTS 1	18:00 - 18:30	Green hats Level NPTS 12	19:30 - 20:30	Rookies	15:00 - 17:00
		Tadpoles - NPTS 3	Main Pool	19:00 - 19:30 20:00 - 20:30	Rookies	19:30 - 21:00	Ducklings - NPTS 2	18:30 - 19:00	Intermediates	20:30 - 22:00	Squad	15:00 - 17:00
		Tadpoles - NPTS 4	Main Pool	19:30 - 20:00 20:00 - 20:30	Squad	19:30 - 21:00	Tadpoles - NPTS 3	18:00 - 18:30	Rookies	20:30 - 22:00	Masters/Adults	15:00 - 17:00
		Puffin - NPTS 5	Main Pool	19:00 - 19:30 20:00 - 20:30			Tadpoles - NPTS 4	18:30 - 19:00	Squad	20:30 - 22:00		
		Puffin - NPTS 6	Main Pool	19:30 - 20:00 20:00 - 20:30			Puffin - NPTS 5 & 6	18:30 - 19:00				
		Orange hats - NPTS 7	Main Pool	19:00 - 19:30			Orange hats - NPTS 7, 8, 9	18:30 - 19:00				
		Orange hats - NPTS 8	Main Pool	19:30 - 20:00			Green hats - NPTS 10 & 11	18:00 - 18:30				
		Orange hats - NPTS 9	Main Pool	20:00 - 20:30								
		Green hats - NPTS 10	Main Pool	19:00 - 19:30								
		Green hats - NPTS 11	Main Pool	19:30 - 20:30								
		Rookies	Main Pool	19:00 - 20:30								
		Squad	Main Pool	19:00 - 20:30								
		Adult Learn to Swim	Main Pool	20:00 - 20:30								
		Adult Improvers	Main Pool	20:00 - 20:30								

Dagenham Swimming Pool  
Aithorne Way  
Dagenham  
Essex.  
RM10 7AY

Tel: 020 8270 6600

Abbey Sports Centre  
Axe Street  
Barking  
Essex  
IG11 7NA

Tel: 020 8270 6800

Loxford Swimming Pool  
Loxford School of Science & Technology  
Loxford Lane  
Ilford,  
Essex  
IG1 2UT

Tel: 020 8514 4666