

# REFER A FRIEND

RECEIVE TWO FREE  
TERM-TIME SWIMMING  
LESSONS



For each new member that a parent refers they will receive two free term-time swimming lessons. This offer can be used unlimited times until the deadline. Swimmers can be referred for **Splashdown** or **term time classes** but free lessons only apply to term time courses.

 @norwichpenguins

[www.norwichpenguins.co.uk](http://www.norwichpenguins.co.uk)

01603 463282

When a new booking is made the person must name the person who referred them and the child's name for identification. Free lessons applicable to term time courses only. Refer a friend can be used with as many friends as you wish to refer until **30th Oct 2017**. T&C can be found at [norwichpenguins.co.uk](http://norwichpenguins.co.uk)



# CLASS TIMETABLE

## MONDAY

Drayton Junior School  
Heartsease Primary Academy  
Colman Junior School  
City Academy

## CLASS

Beginner  
Beginner  
Beginner/Swim Ability  
Beginner

## TIME

17.00 - 19.30  
17.00 - 19.00  
16.30 - 19.30  
16.30 - 18.30

## TUESDAY

City Academy  
City Academy  
Town Close  
Hethersett Junior School  
Taverham School  
Colman Junior School

## CLASS

Beginner  
Adults  
Improver/Swim Active  
Beginner  
Improver  
Beginner

## TIME

16.30 - 18.00  
18.00 - 20.00  
18.00 - 21.15  
16.30 - 19.00  
18.00 - 19.30  
17.00 - 19.00

## WEDNESDAY

Colman Junior School  
Drayton Junior School  
Heartsease Primary Academy  
Recreation Road Infant School

## CLASS

Beginner  
Beginner  
Beginner  
Beginner

## TIME

16.30 - 19.00  
17.00 - 19.00  
16.30 - 18.30  
15.30 - 17.30

## THURSDAY

Recreation Road Infant School  
Sprowston High School  
Drayton Junior School  
Long Stratton  
Long Stratton

## CLASS

Beginner  
Beginner/Improver  
Beginner  
Baby Penguins/Beginner/Improver  
Aquafit/Adult Lessons

## TIME

15.30 - 17.30  
16.30 - 19.45  
17.00 - 19.00  
16.00 - 17.30  
19.00 - 21.00

## FRIDAY

Colman Junior School  
Drayton Junior School  
City Academy  
Heartsease Primary Academy  
Town Close

## CLASS

Beginner  
Beginner  
Beginner  
Beginner  
Improver/Swim Active

## TIME

17.30 - 19.30  
17.00 - 18.30  
16.30 - 18.00  
17.00 - 19.00  
18.00 - 21.15

## SATURDAY

City Academy  
Thorpe High School  
Colman Junior School  
Colman Junior School  
Hethersett Junior School  
Hellesdon High School  
Long Stratton

## CLASS

Beginner  
Beginner/Improver/Swim Active  
Beginner  
Parent and Child  
Beginner  
Beginner/Improver  
Beginner/Improver

## TIME

09.00 - 11.30  
08.00 - 12.30  
08.30 - 10.00  
10.00 - 12.00  
09.00 - 11.30  
08.00 - 11.00  
08.30 - 12.30

## SUNDAY

Colman Junior School  
Norwich High School Girls

## CLASS

Beginner  
Improver

## TIME

08.30 - 11.30  
09.00 - 10.30



@NorwichPenguins



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Norfolk County Council