



Brighton Dolphin Teaching/Training Sessions

The swimmers at Brighton Dolphin are able to access up to 5 hours of swimming per week.

This time is broken down in the following way:

Day and Time	Venue	Duration
Sunday, 9.00am-10.00am	Prince Regent Swimming Pool	1 hour
Tuesday, 6.00am-7.00am	Prince Regent Swimming Pool	1 hour
Tuesday, 7.00pm-9.00pm	Prince Regent Swimming Pool	2 hours
Thursday, 6.00am-7.00am	Prince Regent Swimming Pool	1 hour
Thursday, 7.00pm-8.00pm	Surrenden Pool	1 hour

- Sunday morning offers learn to swim lessons for children, junior competitive training and masters training.
- Tuesday and Thursday mornings offers junior competitive training
- Tuesday evening is our main club session and offers learn to swim, intermediate teaching, pre-competitive teaching, junior competitive training and masters training.
- Thursday evening offers junior and masters competitive training