

Small Pool Swimming Timetable

	7:00am	7:15am	7:30am	7:45am	8:00am	8:15am	8:30am	8:45am	9:00am	9:15am	9:30am	9:45am	10:00am	10:15am	10:30am	10:45am	11:00am	11:15am	11:30am	11:45am	12:00noon	12:15pm	12:30pm	12:45pm	1:00pm	1:15pm	1:30pm	1:45pm	2:00pm	2:15pm	2:30pm	2:45pm	3:00pm	3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm
Monday	General Swimming				General & School Swimming								Parent & Toddler				General & School Swimming								Lessons				Swimming Club Pool Closed				Closed																										
Tuesday	General Swimming												Otter Lessons				General Swimming				Lessons				General Swimming		Swimming Club Pool Closed				Closed																												
Wednesday	General Swimming		Pool closed Staff Training		General Swimming								Otter Lessons				General Swimming				Lessons				Women Only		Adults Only		Closed																														
Thursday	General Swimming				Otter Pups Lessons				General Swimming								Lessons				Swimming Club Pool Closed		Closed																																				
Friday	General Swimming				General & School Swimming				Parent & Toddler				General & School Swimming								Lessons				Swimming Club Pool Closed				Closed																														
Saturday	Closed		Lessons								Family Swimming				Pool Closed		Aquafun		Swimming Club Pool Closed				Closed																																				
Sunday	Closed		Family Swimming																Swimming Club Pool Closed								Closed																																

We speak your language

Polish
Mówimy Twoim językiem

French
Nous parlons votre langue

Spanish
Hablamos su idioma


Slovak
Rozprávame Vaším jazykom

Chinese
我们会说你的语言

- General Swimming: Open session for all ages & abilities.
- Lane swimming: Sections of the pool will be laned for customers to swim lengths.
- Adults Only: Session for 16+ years of age.
- Women only: Session for women 16+ years of age.
- Aquacise: Water based low impact Aerobics (Shallow end only).
- Family Swimming: Family orientated swimming open to everyone.
- Lessons: Sections of the pool width ways or lanes allocated to lessons. Deep and shallow end.
- Aquafun: Wet & wild fun with the rafts and floats.

Splash Factor

- Calm session suitable for all
- Active session/fair amount of splashing
- Fun kids session lots of splashing



NOTE: Please be aware that during School Holidays the programme may change slightly for Kids activities, we advise you to contact us before attending to check the daily timetable.

If you require this publication in large print or another format please call us on 01246 231111