

Swimming

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TERM TIME PROGRAMME

MONDAY MAIN POOL	6.30am - 8.50am 6.30am - 7.30am 9.00am - 12.00pm 12.10pm - 1.00pm 1.00pm - 2.00pm 1.00pm - 6.00pm 3.30pm - 6.00pm 4.00pm - 8.00pm 6.00pm - 8.00pm 8.00pm - 10.00pm	Lane Swim Swim Club Schools & General Swim (17m lengths) Lane Swim (4 wide lanes) Schools & Swim Surgery (bookable) General Swim Junior Lessons Swim Club Lane Swim (2 narrow lanes) Lane Swim (4 wide lanes)
STUDIO POOL	7.00am - 9.15pm 9.30am - 10.15am 10.30am - 11.00am 11.00am - 1.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 6.00pm 6.10pm - 6.55pm 7.10pm - 7.55pm 8.00pm - 9.00pm	General Swim (1.25m) AquaFit £ (1.25m) Adult Training Centre (1.25m) General Swim (0.75m) Schools General Swim (0.75m) Junior Lessons AquaFit £ (1.25m) AquaFit £ (1.8m) General Swim (1.25m)
TUESDAY MAIN POOL	6.30am - 8.50am 6.30am - 7.30am 9.00am - 11.30am 9.00am - 12.00pm 11.30am - 12.00pm 12.10pm - 1.00pm 1.00pm - 2.00pm 1.00pm - 6.00pm 3.30pm - 6.00pm 4.00pm - 8.00pm 6.00pm - 8.00pm 8.00pm - 10.00pm	Lane Swim Swim Club Schools General Swim (17m lengths) Ladies Swim (1/2 pool) Lane Swim (4 wide lanes) Schools General Swim (staff training 2pm-3pm) Junior Lessons Swim Club Lane Swim (2 narrow lanes) Lane Swim (4 wide lanes)
STUDIO POOL	7.00am - 9.00am 9.00am - 9.30am 9.30am - 10.15am 10.30am - 1.00pm 1.00pm - 2.00pm 2.00pm - 3.30pm 3.30pm - 6.00pm 6.00pm - 7.00pm 7.00pm - 8.00pm	General Swim (1.25m) Over 50's (1.25m) AquaFit £ (1.25m) General Swim (0.75m) Schools General Swim (0.75m) Junior Lessons Adult Lessons General Swim (1.25m)
WEDNESDAY MAIN POOL	6.30am - 8.50am 9.00am - 12.00pm 12.10pm - 1.00pm 1.00pm - 2.00pm 1.00pm - 6.00pm 3.30pm - 6.00pm 5.00pm - 6.00pm 6.00pm - 7.00pm 6.00pm - 8.00pm 7.00pm - 8.00pm 8.00pm - 9.00pm 9.00pm - 10.00pm	Lane Swim (4 wide lanes) School & General Swim (17m lengths) Lane Swim (4 wide lanes) Schools & Swim Surgery (bookable) General Swim Junior Lessons Swim Club Lane Swim (2 wide lanes) Triathlon Club Lane Swim (1 narrow lane) Lane Swim (4 wide lanes) Sub Aqua
STUDIO POOL	7.00am - 10.00am 10.00am - 1.00pm 1.00pm - 2.00pm 2.05pm - 2.45pm 2.45pm - 3.25pm 3.30pm - 6.00pm 6.10pm - 6.55pm 7.10pm - 7.55pm 8.00pm - 9.00pm	General Swim (1.25m) General Swim (0.75m) Schools Healthy Life AquaFit £ (1.25m) Healthy Life AquaFit £ (1.25m) Junior Lessons AquaFit £ (1.25m) AquaFit £ (1.25m) General Swim (1.25m)
THURSDAY MAIN POOL	6.30am - 8.50am 9.00am - 12.00pm 12.10pm - 1.00pm 12.40pm - 3.30pm 1.00pm - 6.00pm 3.30pm - 6.00pm 4.00pm - 9.00pm 8.00pm - 9.00pm 9.00pm - 10.00pm	Lane Swim (4 wide lanes) Schools & General Swim (17m lengths) Lane Swim (4 wide lanes) Schools & Swim Surgery (bookable) General Swim (staff training 2pm-3pm) Junior Lessons Swim Club Lane Swim (2 narrow lanes) Lane Swim (4 wide lanes)

STUDIO POOL	7.00am - 9.00am 9.00am - 9.30am 9.30am - 10.15am 10.20am - 11.05am 11.10am - 1.00pm 1.00pm - 2.00pm 2.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 6.00pm 6.00pm - 7.00pm 7.00pm - 8.00pm	General Swim (1.25m) Over 50's (1.25m) AquaFit £ (1.25m) AquaFit £ (1.25m) General Swim (0.75m) Schools Dilston (1.25m) General Swim (0.75m) Junior Lessons Adult Lessons General Swim (1.25m)
FRIDAY MAIN POOL	6.30am - 7.30am 6.30am - 8.50am 9.00am - 11.30am 9.00am - 12.00pm 11.30am - 12.00pm 12.10pm - 1.00pm 12.40pm - 3.15pm 1.00pm - 6.00pm 3.30pm - 7.30pm 7.30pm - 8.30pm 8.30pm - 10.00pm	Swim Club Lane Swim Schools General Swim (17m lengths) Ladies Swim (1/2 pool) Lane Swim (4 wide lanes) Schools & Swim Surgery (bookable) General Swim Junior Lessons Lane Swim (1 narrow lane) & Triathlon Club Canoe Club
STUDIO POOL	7.00am - 10.30am 10.30am - 11.00am 11.00am - 1.00pm 1.00pm - 2.00pm 2.05pm - 2.45pm 2.45pm - 3.25pm 3.00pm - 3.30pm 3.30pm - 6.00pm 6.00pm - 8.00pm	General Swim (1.25m) Adult Training Centre (1.25m) General Swim (0.75m) Schools Healthy Life AquaFit £ (1.25m) Healthy Life AquaFit £ (1.25m) General Swim (0.75m) Junior Lessons General Swim (1.25m)
SATURDAY MAIN POOL	8.00am - 9.00am 9.00am - 12.00pm 9.00am - 2.00pm 2.00pm - 3.00pm 3.00pm - 4.00pm	Lane Swim & Triathlon Club Junior Lessons General Swim Inflatable session General Swim
STUDIO POOL	8.00am - 9.00am 9.00am - 12.00pm 12.00pm - 4.00pm	General Swim (1.25m) Junior Lessons General Swim (0.75m)
SUNDAY MAIN POOL	8.00am - 9.00am 9.00am - 2.00pm 9.00am - 2.00pm 2.00pm - 4.30pm 5.00pm - 5.50pm 6.00pm - 7.30pm 7.30pm - 10.00pm	Lane Swim (4 wide lanes) Family Fun Time Lane Swim (1 wide lane) Party Hire Lane Swim (4 wide lanes) Triathlon Club Lane Swim (4 wide lanes)
STUDIO POOL	8.00am - 9.00am 9.00am - 1.00pm 1.00pm - 2.00pm 2.00pm - 4.30pm 4.30pm - 5.15pm 5.15pm - 6.00pm 6.15pm - 7.00pm 7.00pm - 8.00pm	General Swim (1.25m) Family Fun Time (0.75m) Party Hire General Swim (0.75m) AquaFit £ (1.25m) AquaFit £ (1.25m) AquaFit Deep Water £ (1.8m) General Swim (1.25m)

HALF TERM PROGRAMME

Monday 15th to Sun 21st February 2010

MONDAY TO FRIDAY MAIN POOL	6.30am - 8.50am 6.30am - 7.30am 9.00am - 3.30pm 12.10pm - 1.00pm 2.00pm - 3.00pm	Lane Swim Swim Club General Swim Lane Swim (2 wide lanes) Inflatable Session
STUDIO POOL	7.00am - 10.30pm 10.30am - 3.30pm 9.30am - 10.15am 2.05pm - 2.45pm	General Swim (1.25m) General Swim (0.75m) AquaFit £ (1.25m) (Mon, Tue & Thu) Healthy Life AquaFit £ (1.25m) (Wed & Fri)

For Saturday and Sunday follow term time programme. Monday to Friday after 3.30pm follow term time programme.

One to One Junior Swimming Lessons

Half hour sessions over five days. Tuition by an ASA Swimming instructor.

Please ask at reception or call for more details.

SWIMMING DESCRIPTIONS

Adult Swimming Lessons: For those who want to improve.

Ladies Only Swim: Half main pool.

Lane Swim: Pool divided into four wide speed graded lanes.

General Swim: Open for general swim, pleasure & fitness.

***Aqua Babes:** Jabs to 18 months.

***Aqua Tots:** Aged 18 months to 3 years.

Aqua Pre-School: Age 3 to 4 years. Instructor in water with child.

***Bookable sessions. Parent in water with child.**