



Swimming Timetable

3 - 9 August

Swimming Ratios

1 Adult : 1 Child: Children between 3 months - 3 years

1 Adult : 2 Children: Children between 4-7 years.

Children 8 years+ do not need to be accompanied by an adult.

Session Guidance

- Members can swim in any sessions
- Non-members can swim in the sessions **NOT** marked "Members Only"
- Lane Swimming and 2m depth is not suitable for non-swimmers

Please note: there will be occasions during the pool sessions when 1:1 swimming lessons will be taking place.

Never miss a session, update, or swim again.

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	23 m 0.85m & 1.28m depth	25 m 2m depth	50 m 2m depth
3 Monday	10.00 - 11.45 Fun Splash** 12.00 - 17.00 0.85m 17.30 - 19.30 Members Only, 1.28m 19.30 - 21.30 1.28m	10.00 - 12.00 Members Only 12.00 - 17.00 4 lanes 13.00 - 15.00 17.00 - 19.30 Members Only 20.30 - 21.30	07.00 - 08.00 Members Only 08.00 - 09.30
4 Tuesday	07.00 - 08.00 Members, 1.28m 08.00 - 11.00 1.28m 11.00 - 12.00 Members, 3 lanes, 1.28m 12.15 - 14.15 0.85m 17.45 - 19.00 1.28m	07.00 - 08.00 Members Only 08.00 - 11.00 11.00 - 12.00 Members Only 12.00 - 14.15 4 lanes 17.45 - 19.00	19.30 - 21.00 Members Only, 2 lanes 21.00 - 22.00
5 Wednesday	08.45 - 10.00 Members, 0.85m 12.00 - 12.45 Aquafit 13.00 - 14.30 0.85m 17.45 - 20.00 Members, 1.28m 20.00 - 22.00 1.28m	08.45 - 10.00 Members Only 10.00 - 14.00 17.30 - 19.30 20.30 - 22.00	07.00 - 08.30
6 Thursday	07.00 - 08.45 1.28m 09.00 - 11.45 ½ pool, 0.85m 11.45 - 12.45 Members, 0.85m 12.45 - 14.30 ½ pool, 0.85m 15.45 - 17.45 ½ pool, 0.85m	07.00 - 09.00 Members Only 09.00 - 13.45 13.45 - 15.45 Members Only, 2 lanes 16.00 - 17.45	18.00 - 19.00 Members Only 19.00 - 22.00
7 Friday	07.00 - 09.00 0.85m 09.00 - 10.00 Members, 0.85m 10.00 - 13.30 ½ pool, 0.85m 18.30 - 19.30 Members, 1.28m 19.30 - 21.00 ½ pool, 0.85m	07.00 - 09.00 09.00 - 10.00 Members Only, 3 lanes 10.00 - 12.30 15.30 - 17.30 Members Only, 4 lanes 17.30 - 21.00	No Session
8 Saturday	08.00 - 09.00 1.28m 09.00 - 13.00 Members, ½ pool	08.00 - 09.00 09.00 - 13.00 4 lanes	No Session
9 Sunday	08.00 - 11.00 Members Only, 1.28m 11.00 - 11.45 Fun Splash, 0.85m** 11.45 - 12.30 Fun Splash, 0.85m** 12.30 - 13.15 Fun Splash, 0.85m** 13.15 - 14.00 Fun Splash, 0.85m** 14.00 - 16.30 Members Only, 0.85m	08.00 - 10.00 Members Only 10.00 - 16.30	17.00 - 19.00 4 lanes 19.00 - 21.00 Members Only, 2 lanes
	*Over 65 Session swimmers must pre-book with reception. **Fun Splash session places must be booked through reception in advance. Two sessions available : 12.00 - 12.45 and 12.45 - 13.30. Non-members can swim in any sessions that are NOT labelled “Members Only”. Please see the reverse side for additional sessions and exceptions		