





# Small Pool Swimming Timetable


	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	9.45pm	10.00pm	10.15pm	10.30pm
<b>Monday</b>	Closed for Staff Training				General Swimming																Lessons				Swimming Club Pool Closed				Closed																														
<b>Tuesday</b>	Closed				General Swimming				Lessons				School Swimming & General Swimming								Lessons				Closed																																		
<b>Wednesday</b>	Closed				Lessons				General & School Swimming																Lessons				Swimming Club Pool Closed				Closed																										
<b>Thursday</b>	Closed				Lessons				School Swimming & General Swimming																Lessons				General Swimming				Closed																										
<b>Friday</b>	Closed				Lessons				General Swimming				Lessons				General Swimming				Lessons				Water Polo Pool Closed				Swimming Club Pool Closed				Closed																										
<b>Saturday</b>	Closed				Lessons				Family Swimming				Closed				Aquafun				Closed Available for Gala Bookings																Closed																						
<b>Sunday</b>	Closed				General Swimming				Available for Private party bookings				General Swimming				Available for Private party bookings				General Swimming				Closed Available for Gala Bookings																Closed																		

 **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

**No English? No Problem**

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