





# 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
<b>Monday</b>	General Swimming			General & School Swimming				Parent & Toddler				General & School Swimming				Lessons				Swimming Club Pool Closed				Closed																																			
<b>Tuesday</b>	General Swimming										Otter Lessons				General Swimming		Lessons				One to One Lessons		Swimming Club Pool Closed		Closed																																		
<b>Wednesday</b>	General Swimming										Otter Lessons				General Swimming		Lessons				Women Only		Adults Only		Closed																																		
<b>Thursday</b>	General Swimming			Otter Pups Lessons				General Swimming				Lessons				Swimming Club Pool Closed		Closed																																									
<b>Friday</b>	General Swimming			General & School Swimming				Parent & Toddler		General & School Swimming				Lessons				Swimming Club Pool Closed		Closed																																							
<b>Saturday</b>	Swimming Club Pool Closed			Lessons				Family Swimming				Aquafun		Swimming Club Pool Closed		Closed																																											
<b>Sunday</b>	Closed			Family Swimming										Swimming Club Pool Closed				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

☎ 01246 231111 (ENGLISH)

We care. We want all of our customers to be able to access all of our services. To talk to someone in English, ring this number.

You will **not** be charged for the TALKBACK service.

☎ 01430 457390 (CANTONESE) 廣東話

☎ 01430 457391 (MANDARIN) 國語

本市政府關心閣下，我們希望區內所有的市民都能夠使用我們所有的服務。請致電上列這一個號碼，可用廣東話或國語和我們交談。

免費為您提供此項服務。免費為您提供此項服務。

☎ 01430 457392 (ITALIAN)

Noi ci prendiamo cura di voi. Il nostro obiettivo è quello di dare a tutti i nostri clienti la possibilità di accedere ai nostri servizi. Per parlare in italiano, chiamate questo numero

Questo servizio è senza spese o commissioni

☎ 01430 457394 (URDU) اردو

ہمیں آپ کی دیکھ بھال کرتے ہیں۔ ہمارا مقصد ہے کہ ہم سب کے لیے اپنا سروس فراہم کرنے کی سہولت فراہم کر سکیں۔ اگر آپ اردو میں بات چیت کرنا چاہتے ہیں تو براہ کرم اس نمبر پر کال کریں۔

☎ 01430 457395 (POLISH)

Dhany o naszych klientów. Pragniemy, by wszyscy nasi goście skorzystali z całosci oferowanych przez nas uslug. Aby porozumiacie w jezyku polskim, wybijciez ten numer telefonu. Korzystanie z tej uslugi jest bezplatne.

☎ 01430 457396 (PUNJABI)

ਅਸੀਂ ਦੇਖ-ਭਾਲ ਕਰਦੇ ਹਾਂ। ਅਸੀਂ ਚਾਹੁੰਦੇ ਹਾਂ ਕਿ ਸਭ ਦੇ ਸੇਵੇ ਗਾਹਕ ਸਮਝੀਆਂ ਸਹੀਆਂ ਸੇਵਾਵਾਂ ਤੋਂ ਲਾਭ ਲੈਣ ਦੇ ਸਮਰਥ। (ਜਿਸੇ ਠਾਕ ਪੈਣਾ) ਵਿਚਕਾਰ ਨਕਦ ਚਾਰਜ, ਇਸ ਨੰਬਰ ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ। ਇਸ ਸੇਵਾ ਦੀ ਵਰਤੋਂ ਲਈ ਕੁਝ ਵੀ ਖਰਚੇ ਨਹੀਂ ਲਗੇਗੇ।

☎ 01430 457397 (OTHER LANGUAGES)

If you require this publication in large print, braille or on audio tape please call us on **01246 231111**

