



# Small Pool Swimming Timetable

Some lessons use the Pool Boom to separate main pool.  
Please ring for details of times/dates.



	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
Monday	Closed	General Swimming										General Swimming										Lessons										Swimming Club Pool Closed										Closed																	
	School Swimming										School Swimming																																																
Tuesday	Closed	School Swimming					General Swimming					Otter Lessons					General Swimming					Lessons					Swimming Club Pool Closed					Closed																											
Wednesday	Closed	General Swimming		Otter Pups Lessons		Parent & Toddler		General Swimming					Otter Lessons					General Swimming					Lessons					Swimming Club Pool Closed					Closed																										
	School Swimming																																																										
Thursday	Closed	General Swimming		Otter Pups Lessons		Otter Lessons					General Swimming					School Swimming		Parent & Toddler			Lessons					Closed																																	
Friday	Closed	General Swimming					School Swimming		Parent & Toddler			General Swimming					Lessons					Swimming Club Pool Closed					Closed																																
Saturday	Closed	Otter Lessons					General Swimming					Aquafun		Available for private hire			Closed																																										
Sunday	General Swimming																				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 and School Swimming:** Sections of the pool with ways or lanes allocated to lessons. Deep and shallow end. This could include the full shallow end width of the large pool. Please contact reception for further details.
- 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

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