

Swimming Lessons Schedule



Pool Programme

JUNIOR LESSONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
PARENT & BABY					10:15am-10:45am	
PARENT & TODDLER					10:45am-11:15am	
BEGINNERS IN ARMBANDS	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm 4:30pm-5:00pm	4:00pm-4:30pm	4:00pm-4:30pm 5:00pm-5:30pm	9:30am-10:00am
BEGINNERS	4:30pm-5:00pm		5:00pm-5:30pm		4:30pm-5:00pm	
BEGINNERS PLUS		4:30pm-5:00pm		4:30pm-5:00pm		
IMPROVERS	5:00pm-5:30pm	5:00pm-5:30pm	5:30pm-6:00pm	5:00pm-5:30pm	5:30pm-6:00pm	10:30am-11am
ADVANCED	5:30pm-6:00pm	5:30pm-6:00pm	6:00pm-6:30pm	5:30pm-6:00pm	5:30pm-6:00pm	11:00am-11:30am

ADULT LESSONS

	TUESDAY	THURSDAY
BEGINNERS	9:00am-9:30am	8:00pm-8:30pm
INTERMEDIATE	9:30am-10:00am	8:30pm-9:00pm
ADVANCED		9:00pm-9:30pm
AQUA THERAPY	10:30am-11:30am	



Aqua Aerobics

Monday

9:30am - 10:15am 6:15pm - 7:00pm
Ben Lisa

Thursday

9:15am - 10:00am
Ben

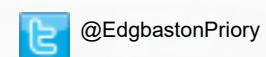
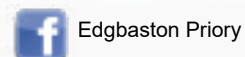
Friday

9:30am - 10:15am
Lisa



2020
EDITION

Connect With Us!





Pool Programme



	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday	Indoor	Adult Only 6:30am - 9:30am			Aqua Aerobics 9:30am - 10:15am		All Welcome 10:30am - 12:00pm			Lane Swimming 12:00pm - 1:30pm All Welcome 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm			Lessons 4:00pm - 6:15pm All Welcome 4:00pm - 6:15pm			Aqua Aerobics 6:15pm - 7:00pm		Adult Only 7:00pm - 10:00pm											
	Outdoor	Lane Swimming 6:30am - 9:00am			All Welcome 9:00am - 12:00pm						Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm					Lane Swimming 7:00pm - 9:30pm													
Tuesday	Indoor	Adult Only 6:30am - 9:00am			Adult Lessons 9:30am - 10:30am Aqua Therapy 10:30am - 11:30am			All Welcome 9:00am - 12:00pm			Lane Swimming 12:00pm - 1:30pm All Welcome 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm			Lessons 4:00pm - 6:30pm All Welcome 4:00pm - 7:00pm			Adult Only 7:00pm - 10:00pm												
	Outdoor	Lane Swimming 6:30am - 9:00am			All Welcome 9:00am - 12:00pm						Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm					Lane Swimming 7:00pm - 9:30pm													
Wednesday	Indoor	Adult Only 6:30am - 9:30am			Lessons 9:30am - 11:00am All Welcome 9:30am - 11:00am		All Welcome 11:00am - 12:00pm			Lane Swimming 12:00pm - 1:30pm All Welcome 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm			Lessons 4:00pm - 6:30pm All Welcome 4:00pm - 7:00pm			Adult Only 7:00pm - 10:00pm													
	Outdoor	Lane Swimming 6:30am - 9:00am			All Welcome 9:00am - 12:00pm						Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm					Lane Swimming 7:00pm - 9:30pm													
Thursday	Indoor	Adult Only 6:30am - 9:15am			Aqua Aerobics 9:15am - 10:00am		All Welcome 10:00am - 12:00pm			Lane Swimming 12:00pm - 1:30pm All Welcome 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm			Lessons 4:00pm - 5:30pm All Welcome 4:00pm - 7:00pm			Adult Lessons 8:00pm - 9:30pm Adult Only 7:00pm - 10:00pm													
	Outdoor	Lane Swimming 6:30am - 9:00am			All Welcome 9:00am - 12:00pm						Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm					Lane Swimming 7:00pm - 9:30pm													
Friday	Indoor	Adult Only 6:30am - 9:30am			Aqua Aerobics 9:30am - 10:15am		Lessons 10:15am - 11:15am All Welcome			Lane Swimming 12:00pm - 1:30pm All Welcome 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm			Lessons 4:00pm - 6:00pm All Welcome 4:00pm - 7:00pm			Adult Only 7:00pm - 10:00pm													
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Saturday	Indoor	Adult Only 7:45am - 9:30am			All Welcome 9:30am - 12:00pm			Lane Swimming 12:00pm - 1:30pm All Welcome 12:00pm - 1:30pm		All Welcome 1:30pm - 6:00pm			Adult Only 6:00pm - 9:00pm																		
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Sunday	Indoor	Adult Only 7:45am - 9:30am			Lessons 9:30pm - 11:30pm All Welcome 9:30pm - 12:00pm			Lane Swimming 12:00pm - 1:30pm All Welcome 12:00pm - 1:30pm		All Welcome 1:30pm - 6:00pm			Adult Only 6:00pm - 8:00pm																		
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Half Term: From 1:30pm - 3:30pm, All are welcome, however, Holiday Camp will also have use of the pool so may be busier or noisier at this time. No Lessons in Half Term.