

SWIMMING POOL TIMETABLE


Feb 2020

Monday			Tuesday			Wednesday		
Members swim	07:00-10:00	Pool	Aquafit	07:00-07:45	Pool	Members swim	07:00-10:00	Pool
Aquafit	10:00-10:30	Pool	Members swim	08:00-09:00	Pool	Senior Aquafit	10:00-10:30	Pool
Swim lesson (toddler)	11:30-12:00	Pool	Swim lesson (toddler)	10:30-11:00	Pool	Swim lesson (toddler)	11:30-12:00	Pool
Members swim	12:00-13:00	Pool	Members swim	11:30-12:30	Pool	Members swim	12:00-13:30	Pool
Members swim	20:00-21:00	Pool	Adult Swim lessons	12:30-13:30	Pool	Swim lessons	17:00-18:30	Pool
			Members swim	18:30-19:00	Pool	Swim fit	19:15-20:00	Pool
			Members swim	20:00-21:00	Pool	Members swim	20:00-21:00	Pool
Thursday			Friday			Saturday		
Members swim	07:00-10:30	Pool	Members swim	07:00-08:30	Pool	Swim lessons	08:00-10:30	Pool
Aquafit	10:30-11:00	Pool	Members swim	11:00-13:00	Pool	Members swim	11:00-12:00	Pool
Members swim	11:00-12:30	Pool	Swim lesson (toddler)	13:30-14:00	Pool	Fun Session **NEW!!	14:00-15:00	Pool
Members swim	20:00-21:00	Pool	Members swim	18:00-19:00	Pool	Members swim	15:00-16:00	Pool
						Sunday		
						Members swim	10:00-10:30	Pool
						Swim lessons	10:30-12:00	Pool
						Fun Session	12:00-13:00	Pool
						Members swim	13:00-14:00	Pool

GP REFERRAL TIMETABLE

Monday			Tuesday			Wednesday		
GP Referral - Gym	12:00-13:00	Gym	Senior Active	12:30-13:15	Studio	GP Referral - Gym	10:00-11:00	Gym
GP Referral - Swim	13:00-13:30	Pool	Move to Improve ***	13:30-14:15	Studio	GP Referral - Hydro Fitness	11:00-11:30	Pool
						Stand and Balance ***	11:45-12:30	Studio
Thursday			Friday			Saturday		
GP Referral - Gym	12:00-13:00	Gym	Senior Active	13:15-14:00	Studio	GP Referral - Gym	13:00-14:00	Gym
GP Referral - Swim	13:00-13:30	Pool	Move to Improve ***	14:15-15:00	Studio			


*** Please arrive 10 minutes before start



SWIM SCHOOL
BEGINNER TO ADULT LESSONS

T: 01935 810548 E: gym@sherborne.org
www.sherbornesports.co.uk

SHERBORNE Sports Centre



Open Weekdays
07.00– 14.00, 18.00– 21.00

Weekends
Sat - 08.00– 18.00* & Sun– 10.00– 18.00*

**Last Entry 17:00 at weekends*