

MAIN POOL PROGRAMME

School Swimming Lessons
 Junior Swimming Lessons
 Closed for Clubs

	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
MON	Early Morning Lane Swim 06:30-08:30		Public Swim 08:30-09:30	AQUA FIT 09:30 - 10:15 & 10:15 - 11:00 Lane Swim		Public Swim 11:00-21:00						Junior Swimming Lessons 16:30-19:00		Evening Lane Swim 21:00-22:00			
TUE	Early Morning Lane Swim 06:30-08:30		Primetime (50+) Swim 08:30 - 10:30		Public Swim 10:30-20:00						Junior Swimming Lessons 16:00-19:30		7'OAKS TRI-CLUB 20:00 - 21:00		Evening Lane Swim 21:00-22:00		
WED	Early Morning Lane Swim 06:30-08:30		Public Swim 08:30-10:00		Inflatable Fun Time 10:00-11:00	Public Swim 11:00-11:30	AQUA FIT 11:30 - 12:30 Lane Swim		Public Swim 12:30-20:00				LESSONS	SEVENOAKS MASTERS SWIM CLUB & WATER POLO CLUB 20:00-22:00			
THU	Early Morning Lane Swim 06:30 - 08:30		Primetime (50+) 08:30 - 09:30		Public swim 09:30-17:45						Junior Swimming Lessons 16:00-17:30	SEVENOAKS SWIM CLUB 17:45-21:15		Evening Lane Swim 21:15-22:00			
FRI	Early Morning Lane Swim 06:30 - 08:30		Public Swim 08:30-11:30			AQUA FIT 11:30 - 12:30 Lane Swim		Public Swim 12:30-18:30				Junior Swimming Lessons 16:30 - 18:30		Evening Lane Swim 20:00-22:00			
SAT	Early Morning Lane Swim 07:00 - 08:30		Junior Swimming Lessons 09:00-11:30		Public Swim 08:30-11:30		INFLATABLE FUNTIME 11:30 - 12:30		Public Swim 12:30-17:00			BIRTHDAY PARTY & PRIVATE HIRE AVAILABLE FROM 17:00					
SUN	Early Morning Lane Swim 07:00 - 08:30		Public Swim 08:30-11:30			INFLATABLE FUNTIME 11:30 - 12:30		Public Swim 12:30-14:15		PARTY SLOT PLEASE CHECK OPENING TIMES AT RECEPTION	Public Swim 16:40-17:45		TRI-CLUB 20:00 - 21:00				

BIRTHDAY PARTY HIRE: The main pool & teaching pool maybe closed on a Sunday afternoon between 14:15 - 16:40 for private birthday party hire, please contact Reception to confirm opening times or to book a party.

PUBLIC SWIMMING: An open swimming session for our customers to enjoy the water, length lane available.

LIFEGUARD TRAINING: Lifeguard pool training is scheduled for a Wednesday evening and also a Saturday morning each month in one lane in the main pool.

EARLY MORNING & EVENING SWIM: Start the day or unwind at the end of the day with a refreshing dip in the pool. Three lanes available for all abilities.

PRIMETIME (50+) SWIM: Swimming exclusively for those aged 50+. Enjoy exercising and socialising in the pool.

INFLATABLE FUNTIME: Challenge yourself to conquer our giant pool inflatable. Children must be 8 years+ and able to swim 25 meters.

AQUA AEROBICS: A water based workout.

TEACHING POOL PROGRAMME

MON	NR-Gize 08:30-09:30	Pre-School Lessons	Public Swim 14:00-16:00	Junior Swimming Lessons	Public Swim 18:00-19:00		19:00
TUE	NR-Gize 08:30-10:30	Pre-School LESSONS	Public Swim 14:00-16:00	JUNIOR LESSONS Public Swim 16:30-18:00	JUNIOR LESSONS Public Swim 16:30-18:00		18:00
WED	NR-Gize 08:30-10:30	Public Swim 10:30-13:00	Pre-School Lessons	Public Swim 15:00-17:00	Junior Swim Lessons		17:00
THU	NR-Gize 08:30-10:30	Public Swim 10:30-12:00	Pre-School Lessons	Public Swim 15:00-16:00	Junior Swimming Lessons	Public Swim 17:30-19:00	16:00
FRI	NR-Gize 08:30-10:30	Public Swim 10:30-16:00	Public Swim 10:30-16:00	Junior Swimming Lesson			15:00
SAT	Public Swim Lessons 10:00-11:30	Floats and Fun	Public Swim 12:30-17:00	BIRTHDAY PARTY/PRIVATE HIRE			14:00
SUN	Public Swim 08:30-11:30	Floats and Fun	Public Swim 12:30-14:15	PARTY SLOT CHECK WITTH RECEPTION	Public Swim 16:30-17:30		13:00
							12:00
							11:00
							10:00
							09:00
							08:00

Birthday Party Hire: The Teaching Pool maybe closed for birthday party hire between 14:15 - 16:30 on Sunday afternoons, please check with Reception for more details.

TODDLER POOL PROGRAMME

CLOSED- DUE TO STRUCTURAL DAMAGE UNTIL FURTHER NOTICE

Bank Holiday Monday 28th August

Main pool open 0630-1600 Junior swimming lessons 0900-1230 (half pool)

Teaching pool open 1030-1600

Toddler pool is closed due to structural damage until further notice

SUMMER HOLIDAYS 2017
24TH JULY - 3RD SEPTEMBER