

**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		
<b>MON</b>	Early Morning Lane Swim 06:30-08:30		Public Swim 08:30-19:00										Junior Swimming Lessons 16:30-19:00		SEVENOAKS SWIM CLUB 19:00-21:30			Evening lane 20:00-22:00	
<b>TUE</b>	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			
<b>WED</b>	Early Morning Lane Swim 06:30-08:30		Public Swim 08:30-10:00		Inflatable Fun Time 10:00-11:00		Public Swim 11:00-20:00						lesson	SEVENOAKS SWIM CLUB 17:00-18:30	Lessons		SEVENOAKS MASTERS SWIM CLUB & WATER POLO CLUB 20:00-22:00		
<b>THU</b>	Early Morning Lane Swim 06:30 - 08:30		Primetime (50+) 08:30 - 09:30		Diving		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	
<b>FRI</b>	Early Morning Lane Swim 06:30 - 08:30		Public Swim 08:30-11:30			AQUA FIT 11:30 - 12:30		Public Swim 12:30-18:30				Junior Swimming Lessons 16:30 - 18:30		SEVENOAKS SWIM CLUB 18:30-20:30		Evening Lane Swim 20:00-22:00			
<b>SAT</b>	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					
<b>SUN</b>	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		SEVENOAKS SWIM CLUB 18:00 - 20:00					

**BIRTHDAY PARTY HIRE:** The main pool & teaching pool may be 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

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

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

**HALF TERM 2017  
21ST - 29TH OCTOBER**