

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 Swim 06:30-08:30 | | SWIM CLUB | Public Swim 08:30-09:30 | AQUA FIT 09:30 - 10:15 & 10:15 - 11:00 Lane Swim | Public Swim 11:00-19:00 | | | | | Junior Swimming Lessons 16:30-19:00 | | SEVENOAKS SWIM CLUB 19:00-21:30 | | | Evening lane 20:00-22:00 | |
| 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 Swim 06:30-08:30 | | SWIM CLUB | Public Swim 08:30-10:00 | Inflatable Fun Time 10:00-11:00 | Public Swim 11:00-20:00 | | | | | Lesson SSC | SEVENOAKS SWIM CLUB 17:00-18:30 | 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 | | | | | SWIM CLUB | Junior Swimming Lessons 16:00-19:30 | | 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 | | | SWIM CLUB | Junior Swimming Lessons 16:30 - 18:30 | | SEVENOAKS SWIM CLUB 18:30-20:00 | | Evening Lane Swim 20:00-22:00 | | |
| SAT | Early Morning Lane Swim 07:00 - 08:30 | | Junior Swimming Lessons 09:00-11:30 | | | 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 | | SEVENOAKS SWIM CLUB 18:00 - 20:00 | | | | |

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

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.

EASTER HOLIDAY 2018 3RD April - 15th April

Open as normal Easter Sunday
Friday 30th and Monday 2nd April
Bank holiday hours 06:30-16:00

Main pool No Aqua fit

06:30-08:30 early lane Swim
 08:30-16:00 Public Swim-Junior swimming lessons 09:00-12:00 (half pool)

Teaching pool

11:00-16:00