

**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 06:30-09:30			AQUA FIT 09:30 - 10:15 & 10:15 - 11:00		Public Swim 11:00-19:00						Junior Swimming Lessons 16:30-19:00		SEVENOAKS SWIM CLUB 19:00-21:30			Evening lane swim 20:00-22:00
<b>TUE</b>	Early Morning Lane Swim 06:30-09:00		Primetime (50+) Swim 09:00 - 11:30			Public Swim 11:30-20:00						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 06:30-09:30			Public Swim 11:00-20:00						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	Public Swim 12:30-14:00			Public Swim 14:30-17:45			Junior Swimming Lessons	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 09:30-11:30		AQUA FIT 11:30 - 12:30	Public Swim 12:30-15:00		Primetime (50+) 15:00 - 16:00	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 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	Public Swim 08:30-09:30	Pre-School Lessons	Public Swim 14:00-16:00	Junior Swimming Lessons	Public Swim 18:00-19:00	19:00
						18:00
TUE	Public Swim 08:30-09:30	Pre-School Lessons	Public Swim 14:00-16:00	Junior Swimming Lessons	Public Swim 16:30-18:00	17:00
						16:00
WED	Public Swim 08:30-09:30	Pre-School Lessons	Public Swim 14:00-16:00	Junior Swimming Lessons	Public Swim 15:00-17:00	15:00
						14:00
THU	Public Swim 08:30-09:30	Pre-School Lessons	Public Swim 14:00-16:00	Junior Swimming Lessons	Public Swim 15:00-16:00	13:00
						12:00
FRI	Public swim 08:30-10:00	School	Public Swim 11:00-16:00	Junior Swimming Lesson	Public Swim 17:30-19:00	11:00
						10:00
SAT	Swim Lessons	Floats and Fun	Public Swim 12:30-17:00	BIRTHDAY PARTY/PRIVATE HIRE	Public Swim 16:30-17:30	09:00
						08:00
SUN	Public Swim 08:30-11:30	Floats and Fun	Party Slot Check with Reception	Public Swim 12:30-14:15	Public Swim 16:30-17:30	17:00
						16:00

**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

*A shallow beach effect pool ideal for toddlers.*

Monday - Sunday 09:30 - 11:30, extended time on Tuesday until 13:30

### **Bank holiday Monday 2nd January Opening Times**

Main pool open 06:30-16:00 (Junior swimming lessons

09:00-12:30 in half pool)

Teaching pool open 11:00-16:00

Toddler pool 09:30-11:30

Please contact Reception for more information

**WINTER TERM 2017**  
**2nd JANUARY - 12th**  
**FEBRUARY**