

### MAIN POOL – Term time

|           |  |   |
|-----------|--|---|
| Monday    | 06:30 - 08:45<br><b>09:00 – 10:00</b><br><b>10:00 – 13:30</b><br>13:30 - 15:00<br><b>13:30 - 15:00</b><br><b>15:00 - 18:30</b><br><b>18:30 - 20:00</b>   | Early Morning Swim<br><b>PUBLIC &amp; Disabled/Primetime (50+)</b><br><b>Public</b><br>Schools<br><b>PUBLIC – (one lane only)</b><br><b>PUBLIC (shared with club 17.30-19.00)</b><br><b>PUBLIC – Adults (staff training twice/month)</b><br>Adult lessons 1 lane 19.00 – 20.00<br><b>PUBLIC - Adults (deep water only)</b><br>Clubs |
|           | 06:30 - 08:45<br><b>09:00 - 10:30</b><br>10:30 - 12:00<br><b>10:30 – 12:00</b><br><b>12:00 - 13:30</b><br>13:30 - 15:00<br><b>13:30 - 15:00</b><br><b>15:00 - 16:30</b><br>15:00 - 16:30<br>15:30 – 16:45<br><b>16:30 - 21:00</b><br>21:00 - 22:00 | Early Morning Swim<br>Public Swimming<br>Schools<br><b>PUBLIC (deep water only)</b><br><b>PUBLIC</b><br>Schools<br><b>PUBLIC – (one lane only)</b><br><b>PUBLIC</b><br>Primetime (50+ 2 lanes)<br>School (2 lanes)<br><b>PUBLIC (shared with club 17.00-21.00)</b><br>Clubs   |
| Wednesday | 06:30 - 08:45<br>09:00 – 09:30<br>09:30 - 11.00<br><b>11:00 - 13:30</b><br>13:30 - 15:00<br><b>13:30 - 15:00</b><br>15:00 - 16:00<br><b>15:00 - 16:00</b><br><b>16:00 - 18:00</b><br>18:00 - 22:00   | Early Morning Swim<br>Public (30 minute session ONLY)<br>Schools<br><b>PUBLIC(deep water only)</b><br>Schools<br><b>PUBLIC – (one lane)</b><br>Primetime (50+) (½ Pool)<br><b>PUBLIC (½ Pool)</b><br><b>PUBLIC</b><br>Clubs   |
|           | 06:30 - 08:45<br>09:00 - 10:00<br><b>10:00 – 13:30</b><br>13:30 - 15:00<br><b>13:30 - 15:00</b><br><b>15:00 - 16:00</b><br><b>16:00 - 17:00</b><br>16:00 - 17:00<br><b>17:00 - 21:00</b><br>21:00 - 22:00  | Early Morning Swim<br>Disabled/Primetime<br><b>PUBLIC</b><br>Schools<br><b>PUBLIC – (one lane)</b><br><b>PUBLIC</b><br><b>PUBLIC (shallow water)</b><br>Lessons (deep water)<br><b>PUBLIC (shared with club 18.00-21.00)</b><br><b>PUBLIC (1/2 Pool, shared with Club)</b>  |
| Friday    | 06:30 - 08:45<br><b>09:00 - 10:30</b><br>10:30 - 11:00<br><b>11:00 - 13:30</b><br>13:30- 15:00<br><b>13:30 - 15:00</b><br>15:00 - 16:30<br><b>15:00 - 16:30</b><br><b>16:30 - 20:00</b><br><b>20:00 - 21:00</b><br><b>21:00 - 22:00</b>            | Early Morning Swim<br><b>PUBLIC (deep water only)</b><br>Schools<br><b>PUBLIC</b><br>Schools<br><b>PUBLIC – (one lane)</b><br>Primetime (50+) (½ Pool)<br><b>PUBLIC (½ Pool)</b><br><b>PUBLIC (shared with club 17.00-19.30)</b><br><b>PUBLIC - ladies</b><br><b>PUBLIC - adults</b>  |
|           | 07:00 - 08:00<br>08:00 - 09:00<br>09:00-10:45<br>10:45 - 12:30<br><b>12:30 - 16:15</b><br>16:45 - 21:00  | PRIVATE HIRE<br>Clubs<br>Lessons - junior<br>Inflatable Session<br><b>PUBLIC</b><br>PARTIES/PRIVATE HIRE  |
| Sunday    | <b>08:00 – 13:00</b><br><b>13.00 – 13.30</b><br><b>13:30 – 16:30</b><br><b>15:30 -16:30</b><br>16:45 -17:45<br>18:00- 19:00<br>19:00 – 20:00   | <b>PUBLIC (shared with clubs 08.00 – 11.30)</b><br><b>CLOSED</b><br><b>FAMILY ONLY PUBLIC SESSION*</b><br>Family Inflatable<br>Party/Private Hire<br>Junior Lessons<br>Clubs  |

#### \*FAMILY ONLY PUBLIC SESSION

This is a family only session. Access is restricted to parents/guardians swimming with their children (under 16) only. All children (under 16) must be parent/guardian accompanied at all times when in the swimming pool.

### TEACHING POOL – Term Time

|           |  |  |
|-----------|--|--|
| Monday    | 10:00 – 11:00<br>11:00 – 11:45<br>12:30 – 13:30<br>13:30 – 15:00<br><b>15:00 – 16:00</b><br>16:00 – 20:00        | Adult & Child Lessons<br>Water Aerobics<br>Lessons – water play<br>Schools<br><b>PUBLIC</b><br>Lessons - junior                  |
|           | 10:30 -12:00<br><b>12:30 - 13:30</b><br>14:30 - 15:00<br><b>15:00 - 16:00</b><br>16:00 – 20:00                   | Schools<br><b>PUBLIC</b><br>Schools<br><b>PUBLIC</b><br>Lessons – junior   |
| Wednesday | 09:00 - 12:00<br>12:00 - 12:30<br><b>12:30 - 13:30</b><br>13:30 - 15:00<br><b>15:00 - 16:00</b><br>16:00 - 20:00 | Schools<br>Lessons - adult<br><b>PUBLIC</b><br>Schools<br><b>PUBLIC</b><br>Lessons – junior                                      |
|           | 10:30 – 11:15<br>11:30 - 12:00<br>12:30 - 15:00<br><b>15:00 - 19:00</b>  | Water Aerobics<br>Schools<br>Schools<br><b>PUBLIC (shared with lessons 16.00 – 18:00)</b>  |
| Friday    | 10:30 – 12:00<br>12:30 - 13:30<br>13:30 - 15:00<br><b>15:00 - 16:00</b><br>16:00 - 20:00                         | Adult & Child Lessons<br>Lessons - water play<br>Schools<br><b>PUBLIC</b><br>Lessons - junior                                    |
|           | 08:30 - 12:30<br><b>12:30 - 16:15</b><br>16:15 - 17:15   | Lessons – junior<br><b>PUBLIC</b><br>Parties/Private Hire  |
| Sunday    | <b>09:00 - 13:00</b><br><b>13.00 – 13.30</b><br><b>13:30 - 16:15</b><br>16:30 - 17:30                            | <b>PUBLIC (shared with lessons 09.15 – 10.45)</b><br><b>CLOSED</b><br><b>FAMILY ONLY PUBLIC SESSION*</b><br>Parties/Private Hire |

**PLEASE NOTE:** Flumes are currently unavailable due to essential maintenance required.

We apologise for any inconvenience and disappointment caused.

Please see [www.sencio.org.uk](http://www.sencio.org.uk) for updates

## Your Guide to our Swimming Programme

### Early Morning Swim

Set yourself up for the day with a refreshing and invigorating dip.

### Diving Pit & Boards

Closed to the public during pre-booked sessions. The diving pit and boards are subject to availability and the management reserve the right to close this area and facility for safety reasons.

### Public

These sessions are open to swimmers of all abilities and in the main pool we have lanes allocated for those who take their exercise seriously.

### Primetime (50+)

Special sessions to enjoy a relaxing swim in a child free area.

### Parties & Private Hire

Special sessions especially for parties, galas and any special occasion. Call the centre for prices and availability.

### Water Aerobics

An aerobic class performed in the water. Water exercise improves fitness, muscle tone and reduces stress on the joints.

### Lessons

We offer a comprehensive STA programme covering all levels of ability, for everyone – from babies to adults who have never before acquired confidence and skills in the water. Crash Courses are run during holiday time subject to demand.

### Inflatable Fun (*families and under 12's Only*)

Come and join in on the fun on the 'Commando Run' with fun in our pool with large floats and a giant inflatable in the main pool. Perfect for amazing wild, crazy and wacky waterborne fun. (*\*giant inflatable in main pool only and is subject to availability*).

### Flumes

Children must be at least 1 meter tall and able to swim unaided to ride all Flumes.

### Schools

Private hire for school lessons.

### Clubs

Private Hire for Club use. No public access during these times. For a full list of Clubs, please see our website.

### Under 8s Swimming Policy

During public swimming sessions, children under the age of 8 must be accompanied into the water by a responsible adult. Where children are under 8 years of age, the ratio must be one adult to three children. If two children are 4 years or younger then the ratio must be one adult to two children

# Term Time Programme

*From Tuesday 3<sup>rd</sup> January 2017*