

### MAIN POOL – Term time

Monday	06:30 - 08:45 <b>09:00 – 10:00</b> <b>10:00 – 13:30</b> 13:30 - 15:00 <b>13:30 - 15:00</b> <b>15:00 - 18:30</b> <b>18:30 - 20:00</b>	Early Morning Swim <b>PUBLIC &amp; Disabled/Primetime (50+)</b> <b>PUBLIC</b> Schools <b>PUBLIC – (one lane only)</b> <b>PUBLIC (shared with club 17.30-19.00)</b> <b>PUBLIC – Adults - Junior/Adult Swimming</b> Lessons 2 lanes, (staff training twice/month) <b>PUBLIC - Adults (deep water only)</b> Clubs
	20:00 - 21:00 21:00 - 22:00	
Tuesday	06:30 - 08:45 <b>09:00 - 10:30</b> 10:30 - 11:30 <b>10:30 – 11:30</b> <b>12:00 - 13:30</b> 13:30 - 15:00 <b>13:30 - 15:00</b> <b>15:00 - 16:30</b> 15:00 - 16:30 <b>16:30 - 21:00</b>	Early Morning Swim Public Swimming Schools <b>PUBLIC (deep water only)</b> <b>PUBLIC</b> Schools <b>PUBLIC – (one lane only)</b> <b>PUBLIC</b> Primetime (50+ 2 lanes) <b>PUBLIC (shared with club and swimming lessons 17.00-21.00)</b> Clubs
	21:00 - 22:00	
Wednesday	06:30 - 08:45 09:00 – 09:30 09:30 - 11:00 <b>11:00 - 13:30</b> 13:30 - 15:00 <b>13:30 - 15:00</b> 15:00 - 16:00 <b>15:00 - 16:00</b> <b>16:00 - 18:00</b>	Early Morning Swim Public (30 minute session ONLY) Schools <b>PUBLIC(deep water only)</b> Schools <b>PUBLIC – (one lane)</b> Primetime (50+) (½ Pool) <b>PUBLIC (½ Pool)</b> <b>PUBLIC (shared with swimming lessons 16.00-18.00)</b> Clubs
	18:00 - 22:00	
Thursday	06:30 - 08:45 09:00 - 10:00 <b>10:00 – 13:30</b> 13:30 - 15:00 <b>13:30 - 15:00</b> <b>15:00 - 16:00</b> <b>16:00 - 17:00</b> 16:00 - 17:00 <b>17:00 - 22:00</b>	Early Morning Swim Disabled/Primetime <b>PUBLIC</b> Schools <b>PUBLIC – (one lane)</b> <b>PUBLIC</b> <b>PUBLIC (shallow water)</b> Lessons (deep water) <b>PUBLIC (shared with club and swimming lessons 18.00-22.00)</b>
	17:00 - 22:00	
Friday	06:30 - 08:45 <b>09:00 - 10:30</b> 10:30 - 11:00 <b>11:00 - 13:30</b> 13:30- 15:00 <b>13:30 - 15:00</b> 15:00 - 16:30 <b>15:00 - 16:30</b> <b>16:30 - 20:00</b>	Early Morning Swim <b>PUBLIC (deep water only)</b> Schools <b>PUBLIC</b> Schools <b>PUBLIC – (one lane)</b> Primetime (50+) (½ Pool) <b>PUBLIC (½ Pool)</b> <b>PUBLIC (shared with club and swimming lessons 17.00-20.00)</b> <b>PUBLIC - ladies</b> <b>PUBLIC - adults</b>
	20:00 - 21:00 21:00 - 22:00	
Saturday	07:00 - 08:00 08:00 - 09:00 09:00-10:45 11:00 - 12:30 <b>12:30 - 16:15</b> 16:45 - 21:00	PRIVATE HIRE Clubs Lessons - junior Inflatable Session <b>PUBLIC</b> PARTIES/PRIVATE HIRE
	16:45 - 21:00	
Sunday	<b>08:00 – 13:00</b> <b>13.00 – 13.30</b> <b>13:30 – 16:30</b> <b>15:30 -16:30</b> 16:45 -17:45 18:00- 19:00 19:00 – 20:00	<b>PUBLIC (shared with clubs and swimming lessons 08.00 – 11.30)</b> <b>CLOSED</b> <b>FAMILY ONLY PUBLIC SESSION*</b> <b>Family Inflatable</b> Party/Private Hire Junior Lessons 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 11:00 – 11:45 12:30 – 13:30 13:30 – 15:00 <b>15:00 – 16:00</b> 16:00 – 20:00	Adult & Child Lessons Water Aerobics Lessons – water play Schools <b>PUBLIC</b> Lessons - junior
Tuesday	10:30 -12:00 <b>12:30 - 13:30</b> 14:30 - 15:00 <b>15:00 - 16:00</b> 16:00 – 20:00	Schools <b>PUBLIC</b> Schools <b>PUBLIC</b> Lessons – junior
Wednesday	09:00 - 12:00 12:00 - 12:30 <b>12:30 - 13:30</b> 13:30 - 15:00 <b>15:00 - 16:00</b> 16:00 - 20:00	Schools Lessons - adult <b>PUBLIC</b> Schools <b>PUBLIC</b> Lessons – junior
Thursday	10:30 – 11:15 11:30 - 12:00 12:30 - 15:00 <b>15:00 - 19:00</b>	Water Aerobics Schools Schools <b>PUBLIC (shared with lessons 16.00 – 18:00)</b>
Friday	10:30 – 12:00 12:30 - 13:30 13:30 - 15:00 <b>15:00 - 16:00</b> 16:00 - 20:00	Adult & Child Lessons Lessons - water play Schools <b>PUBLIC</b> Lessons - junior
Saturday	08:30 - 12:30 <b>12:30 - 16:15</b> 16:15 - 17:15	Lessons – junior <b>PUBLIC</b> Parties/Private Hire
Sunday	<b>09:00 - 13:00</b> <b>13.00 – 13.30</b> <b>13:30 - 16:15</b> 16:30 - 17:30	<b>PUBLIC (shared with lessons 09.15 – 10.45)</b> <b>CLOSED</b> <b>FAMILY ONLY PUBLIC SESSION*</b> Parties/Private Hire

### FLUMES – Term Time

Monday	16:30 - 17:30	Party/Private Hire
Tuesday	16:30 - 17:30	Party/Private Hire
Wednesday	16:30 – 17:30	Party/Private Hire
Thursday	16:30 -17:30	Party/Private Hire
Friday	<b>16:00 – 18:00</b> 18:00 – 19:00	<b>PUBLIC</b> Party/Private Hire
Saturday	11:00 – 13:00 <b>13:00 – 16:15</b> 16:00 – 17:00 17:30 – 18.30	Party/Private Hire <b>PUBLIC</b> Party/Private Hire Party/Private Hire
Sunday	<b>10:00 – 13:00</b> <b>13.00 – 13.30</b> <b>13:30 – 15:30</b> 16:00 – 17:0	<b>PUBLIC</b> <b>CLOSED</b> <b>FAMILY ONLY PUBLIC SESSION*</b> Party/Private Hire

## 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 2<sup>nd</sup> January 2018