

MAIN POOL

Monday	06:30 – 08:45	Early Morning Swim
	09:00 – 10:00	Disabled/Primetime (50+)
	10:00 – 18:30	PUBLIC (shared with clubs 17.30 -19.00)
	10:00 – 12:00	Inflatable Session
	18:30 – 20:00	PUBLIC - Adults (staff training twice/month)
	20:00 – 21:00	PUBLIC - Adults (<i>deep water</i>)
	21:00 – 22:00	Clubs
Tuesday	06:30 – 08:45	Early Morning Swim
	09:00 – 21:00	PUBLIC (<i>shared with club 17.00 –21.00</i>)
	15:00 - 16:00	Primetime (2 lanes)
	21:00 – 22:00	Clubs
Wednesday	06:30 – 08:45	Early Morning Swim
	09:00 - 10:00	PUBLIC
	10:00 - 12:00	Inflatable session
	12:00 – 18:00	PUBLIC
	18:00 - 22:00	Clubs
Thursday	06:30 – 08:45	Early Morning Swim
	09:00 - 10:00	Disabled/Primetime
	10:00 – 22:00	PUBLIC (<i>shallow water 16:00 - 17:00</i>), (<i>shared with club 18:00 - 22:00</i>)
	16:00 – 17:00	Lessons - Junior
Friday	06:30 – 08:45	Early Morning Swim
	09:00 – 10:00	PUBLIC
	10:00 – 12:00	Inflatable Session
	12:00 - 20:00	PUBLIC (<i>shared with club 17:00 –19:30</i>)
	20:00 - 21:00	PUBLIC - Ladies
	21:00 - 22:00	PUBLIC - Adults
Saturday	08:00 - 09:00	Clubs
	09:00 - 10:45	Lessons - Junior
	10:45 – 12:30	Inflatable Session
	12:30 - 16:15	PUBLIC
	16:15 - 21:00	PARTIES/PRIVATE HIRE
Sunday	08:00 - 11:30	Clubs
	08:00 - 09:00	Early Morning Swim (<i>shared with club</i>)
	09:00 - 13:00	PUBLIC (<i>shared with club 09:00-11:30</i>)
	13:00 - 13:30	CLOSED
	13:30 - 16:30	*FAMILY ONLY PUBLIC SESSION
	15:30 - 16:30	Inflatable Session
	16:45 - 17:45	Party
18:00 - 19:00	Badge Class	
	19:00 - 20:00	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.

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.

TEACHING POOL

Monday	09:00 – 10:30	Lessons - Junior
	10:30 – 11:15	Water Aerobics
	12:00 - 16:00	PUBLIC
	16:00 - 20:00	Lessons - Junior
Tuesday	09:00 – 10:30	Lessons
	11:00 - 16:00	PUBLIC
	16:00 - 20:00	Lessons - junior
Wednesday	09:00 - 10:30	Lessons
	11:00 - 16:00	PUBLIC
	16:00 - 20:00	Lessons – Junior
Thursday	09:00 – 10:30	Lessons - Junior
	10:30 – 11:15	Water Aerobics
	12:00 – 19:00	PUBLIC (shared with lessons 16.00 – 18.00)
Friday	09:00 – 10:30	Lessons - Junior
	11:00 - 16:00	PUBLIC
	16:00 – 20:00	Lessons - Junior
Saturday	08:30 – 12:30	Lessons - Junior
	12:30 - 16:15	PUBLIC
	16:15 - 17:15	Party
Sunday	09:00 - 13:00	PUBLIC (shared with lessons 9.15-10.15)
	13:00 – 13:30	CLOSED
	13:30 – 16:30	*FAMILY ONLY PUBLIC SESSION

FLUMES

Monday	11:00 - 16:30	PUBLIC
	16:30 - 17:30	Party
Tuesday	11:00 – 16:30	PUBLIC
	16:30 – 17:30	Party
Wednesday	11:00 – 16:30	PUBLIC
	16:30 – 17:30	Party
Thursday	11:00 – 16:30	PUBLIC
	16:30 – 17:30	Party
	17:45 - 18:45	Party
Friday	11:00 – 18:00	PUBLIC
	18:00 - 19:00	Party
Saturday	11:00 – 13:00	Party (1 hour sessions)
	13:00 - 16:15	PUBLIC
	16:30 – 17:30	Party
	17:30 – 18:30	Party
Sunday	10:00 - 13:00	PUBLIC
	13:00 – 13:30	CLOSED
	13:30 - 15:30	*FAMILY ONLY PUBLIC SESSION
	16:00 – 17:00	Party

WHITE OAK LEISURE CENTRE

YOUR GUIDE TO OUR SWIMMING PROGRAMME

Early Morning Swim

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

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.

Diving Boards/Diving Pit: 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.

Primetime (50+)

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

Parties & Private Hire

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

Water Aerobics

An aerobics 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 12s only*)

Come and join the 'Inflatable' fun in our pools with 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. These sessions do not operate on bank holidays.

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.

White Oak Leisure Centre reserves the right to alter the programme or cancel activities. Pool and flume times are for guidance only. Opening times may vary, please check with the centre before you travel.

All pool programmes can be viewed on our website:

www.sencio.co.uk

SUMMER HOLIDAY PROGRAMME

Monday 24th July

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Friday 1st September

Please note changes to our opening hours which will affect the pool programme on Bank Holiday Monday.