

MAIN POOL PROGRAMME

pto for Teaching & Toddler Pool opening times

	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
Monday	EARLY MORNING LANE SWIM 06:30 - 09:30			AQUA AEROBICS 09:30 - 10:15 & 10:15 - 11:00		PUBLIC SWIMMING 11:00 - 19:00						JUNIOR SWIM LESSONS 16:30 - 19:00		SEVENOAKS SWIM CLUB 19:00 - 21:00		EVENING LANE SWIM 21:00 - 22:00	
Tuesday	EARLY MORNING LANE SWIM 06:30 - 08:30		PRIMETIME (50+) SWIM 09:00 - 11:30			PUBLIC SWIMMING 11:30 - 20:00						JUNIOR SWIM LESSONS 16:00 - 19:30		7'OAKS TRI-CLUB 20:00 - 21:00	EVENING LANE SWIM 21:00 - 22:00		
Wednesday	EARLY MORNING LANE SWIM 06:30 - 09:30			PUBLIC SWIMMING 12:30 - 14:00			PUBLIC SWIMMING 14:30 - 19:00				AQUA AEROBICS 19:00 - 20:00	SEVENOAKS MASTERS SWIM CLUB & WATER POLO CLUB 20:00 - 22:00					
Thursday	EARLY MORNING LANE SWIM 06:30 - 08:30		PRIMETIME (50+) SWIM 08:30 - 09:30	PUBLIC SWIMMING 12:30 - 17:45						SEVENOAKS SWIM CLUB 17:45 - 21:15			EVENING LANE SWIM 21:15 - 22:00				
Friday	EARLY MORNING LANE SWIM 06:30 - 08:30		PUBLIC SWIM 09:30 - 11:00		PUBLIC SWIMMING 11:30-15:00			PRIMETIME (50+) SWIM 15:00 - 16:00	JUNIOR SWIM LESSONS 16:30 - 18:30	PUBLIC SWIM 16:00 - 18:30	SEVENOAKS SWIM CLUB 18:30 - 20:00	7'OAKS TRI-CLUB 20:00 - 21:00	LADIES ONLY SWIM 21:00 - 22:00				
Saturday	EARLY MORNING LANE SWIM 07:00 - 08:30		PUBLIC SWIM 08:30 - 11:30			INFLATABLE FUN TIME 11:30 - 12:30	PUBLIC SWIMMING 12:30 - 17:00				BIRTHDAY PARTY & PRIVATE HIRE 17:15 - 19:15		GALA HIRE				
Sunday	EARLY MORNING LANE SWIM 07:00 - 08:30		ADULT SWIM LESSONS 08:30 - 10:30	PUBLIC SWIM 08:30 - 10:30	HIRE 10:30 - 11:30 PRIVATE MENCAP	INFLATABLE FUN TIME 11:30 - 12:30	PUBLIC SWIMMING 12:30 - 14:30	BIRTHDAY PARTY & PRIVATE HIRE 14:30 - 16:30		JUNIOR SWIM LESSONS 17:00 - 19:30			PUBLIC SWIMMING 16:30 - 19:30				

School Swimming Lessons

Primetime (50+) Swim: A swimming opportunity exclusively for our 50+ swimmers who enjoy the opportunity to exercise and socialise in the swimming pool.

Public Swim: An open swimming session for our customers to enjoy the water, at least one lane will always be available for lane swimming.

Early Morning Lane Swim: Set yourself up for the day with a refreshing dip, 3 different lanes to suit all abilities.

Evening Lane Swim: Unwind at the end of the day with a relaxing swim, 3 different lanes to suit all abilities.

Swimming Lessons: Please enquire at Reception for details of our latest swimming lesson programme.

Ladies Only Swim: An opportunity to unwind in the pool during our ladies only swimming session. *Male & Female lifeguards on duty.*

Inflatable Fun Time: Challenge yourself to conquer our giant pool inflatable, for children 8 years+.

Aqua Aerobics: A water based workout to improve fitness whilst reducing stress on the joints.

TEACHING POOL OPENING TIMES

							19:00
							18:00
							17:00
							16:00
							15:00
							14:00
							13:00
							12:00
							11:00
							10:00
							09:00
							08:00
MON	TUE	WED	THU	FRI	SAT	SUN	

 School swimming lessons

TODDLER POOL OPENING TIMES

A shallow beach effect pool ideal for toddlers.

Monday - Sunday 09:30 - 11:30

Extended times available on Tuesday through to 13:30

Sencio Community Leisure reserves the right to alter the programme or cancel activities

WINTER/SPRING TERM 2012

January 3rd - February 12th

Includes:

** Earlier Sunday opening*

** Later Saturday swim times*

Version: 1.1

Under 8's Swimming Admission Policy: During public

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.