

MAIN POOL – Term time

Monday	06.30 to 08.45 09.00 to 10.00 09.00 to 13.30 13.30 to 15.00 13.30 to 15.00 15.00 to 18.30 18.30 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Swim Disabled/Primetime (50+) PUBLIC Schools PUBLIC – (one lane only) PUBLIC (shared with club 17.30-19.00) PUBLIC – Adults PUBLIC - Adults (deep water) Clubs
Tuesday	06.30 to 08.45 09.00 to 10.00 09.00 to 12.00 12.00 to 13.30 13.30 to 15.00 13.30 to 15.00 15.00 to 16.30 15.00 to 16.30 16.30 to 21.00 21.00 to 22.00	Early Morning Swim PUBLIC (deep water only) Schools PUBLIC Schools PUBLIC – (one lane only) PUBLIC (2 lanes) Primetime (50+ 2 lanes) PUBLIC (shared with club 17.00-20.00) Clubs
Wednesday	06.30 to 08.45 09.00 to 11.30 11.30 to 12.30 12.30 to 13.30 13.30 to 15.00 13.30 to 15.00 15.00 to 16.00 15.00 to 16.00 16.00 to 18.00 18.00 to 22.00	Early Morning Swim Schools Public PUBLIC (deep water only) Schools PUBLIC – (one lane) Primetime (50+) (½ Pool) PUBLIC (½ Pool) PUBLIC Clubs
Thursday	06.30 to 08.45 09.00 to 10.00 10.00 to 13.00 13.00 to 15.00 13.00 to 15.00 15.00 to 16.00 16.00 to 17.00 16.00 to 17.00 17.00 to 21.00 21.00 to 22.00	Early Morning Swim Disabled/Primetime PUBLIC Schools PUBLIC – (one lane) PUBLIC PUBLIC (shallow water) Lessons (deep water) PUBLIC (shared with club 18.30-20.30) Clubs
Friday	06.30 to 08.45 09.00 to 09.30 9.30 to 11.00 11.00 to 11.30 11.30 to 13.30 13.30 to 15.00 13.30 to 15.00 15.00 to 16.30 15.00 to 16.30 16.30 to 20.00 PUBLIC (shared with club 17.00-19.45) 20.00 to 21.00 21.00 to 22.00	Early Morning Swim Schools PUBLIC Schools PUBLIC PUBLIC – (one lane) Primetime (50+) (½ Pool) PUBLIC (½ Pool) PUBLIC (shared with club 17.00-19.45) PUBLIC - ladies PUBLIC - adults
Saturday	07.00 to 08.00 08.00 to 09.00 09.00 to 10.45 10.45 to 12.30 12.30 to 15.45 16.00 to 21.00	PRIVATE HIRE Clubs Lessons - junior Inflatable Session PUBLIC PARTIES/PRIVATE HIRE
Sunday	08.00 to 11.00 08.00 to 09.00 09.00 to 13.00 13.30 to 16.30 16.45 to 17.45 18.00 to 19.00 19.00 to 20.00	Clubs Early Morning Swim PUBLIC PUBLIC (Families*) Party Badge Class Clubs

*(all children must be parent/guardian accompanied at all times)

TEACHING POOL

Monday	12.30 to 13.30 13.30 to 15.00 15.00 to 16.00 16.00 to 20.00	Lessons – water play Schools PUBLIC Lessons - junior
Tuesday	09.00 to 09.30 09.30 to 10.30 10.30 to 12.00 12.30 to 13.30 14.30 to 15.00 15.00 to 16.00 16.00 to 20.00	Schools Lessons - adult & child Schools PUBLIC Schools PUBLIC Lessons – junior
Wednesday	09.00 to 12.00 12.00 to 12.30 12.30 to 13.30 13.30 to 15.00 15.00 to 16.00 16.00 to 20.00	Schools Lessons - adult PUBLIC Schools PUBLIC Lessons – junior
Thursday	09.30 to 10.30 11.30 to 12.00 12.30 to 15.00 15.00 to 19.00	Lessons – adult & child Schools Schools PUBLIC
Friday	09.00 to 12.00 12.30 to 13.30 13.30 to 15.00 15.00 to 16.00 16.00 to 20.00	Schools Lessons - water play Schools PUBLIC Lessons - junior
Saturday	08.30 to 12.30 12.30 to 15.00 15.00 to 16.00 16.30 to 17.00 18.15 to 19.15	Lessons – junior PUBLIC Parties/Private Hire Parties/Private Hire Parties/Private Hire
Sunday	09.00 to 13.00 13.30 to 16.15 16.30 to 17.30	PUBLIC Families* Parties/Private Hire

FLUMES

Monday	17.45 to 18.45	Party
Tuesday	17.45 to 18.45	Party
Wednesday	17.45 to 18.45	Party
Thursday	17.45 to 18.45	Party
Friday	16.00 to 18.00 18.00 to 19.00 19.15 to 20.15	PUBLIC Party Party
Saturday	11.00 to 13.00 13.00 to 15.45 16.00 to 17.00 17.30 to 19.30	Party (1 hour sessions) PUBLIC Party Party (1 hour sessions)
Sunday	10.00 to 13.00 13.00 to 14.00 14.00 to 16.30 17.00 to 18.00 18.00 to 19.00	PUBLIC Party PUBLIC (Families*) Party Party

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 environment.

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 the 'Nautilus' fun in our pools with toys, games 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.

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 up to date pool programmes can
be viewed on our website

www.sencio.co.uk

Term Time

From January 1st 2012

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