

24th July to 30th July

MAIN POOL PROGRAMME

Monday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 21.00 21.00 to 22.00	Early Morning Swim PUBLIC PUBLIC - Adults Primetime(50+) PUBLIC Adults
Tuesday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 15.50 16.00 to 18.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim PUBLIC PUBLIC - Adults Water Aerobics PUBLIC Lessons - junior PUBLIC Water Aerobics PUBLIC
Wednesday	06.15 to 08.50 09.00 to 10.00 10.00 to 12.00 12.00 to 15.50 14.00 to 15.00 16.00 to 18.00 18.00 to 20.00 20.00 to 21.00	Early Morning Swim Funtastic PUBLIC - Adults PUBLIC (14.00 – 15.00 <i>½pool</i>) Water Aerobics (<i>½pool</i>) Lessons – junior Clubs PUBLIC
Thursday	06.15 to 08.50 09.00 to 10.00 10.00 to 15.50 16.00 to 18.00 18.00 to 19.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Funtastic PUBLIC Lessons - junior PUBLIC (<i>½pool</i>) Lessons – adult (<i>½pool</i>) Water Aerobics PUBLIC
Friday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.30 11.30 to 12.30 12.30 to 15.50 16.00 to 18.00 18.00 to 19.00 19.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC Water Aerobics PUBLIC Lessons – junior PUBLIC Clubs PUBLIC
Saturday	09.00 to 12.00 12.00 to 14.50 15.00 to 15.50 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 15.50 16.00 to 21.00	PUBLIC Inflatable Fun Parties/Private Hire

TEACHING POOL PROGRAMME

Monday	09.00 to 10.00 10.00 to 12.00 12.00 to 15.50 16.00 to 18.00 18.00 to 19.00	PUBLIC Parent & Toddler PUBLIC Lessons - junior PUBLIC
Tuesday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.50 14.00 to 18.00	PUBLIC Lessons - junior PUBLIC Lessons - junior
Wednesday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.50 14.00 to 18.00	Funtastic Parent & Toddler PUBLIC Lessons - junior
Thursday	09.00 to 09.30 09.30 to 12.30 12.30 to 15.50 16.00 to 18.00 18.00 to 19.00	Funtastic Lessons - junior PUBLIC Lessons - junior PUBLIC
Friday	09.00 to 10.00 10.00 to 13.50 14.00 to 18.00	Funtastic PUBLIC Lessons - junior
Saturday	09.00 to 12.00 12.00 to 14.50 15.00 to 15.50 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 15.50 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire

Under 8's 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.

31st July to 6th August

MAIN POOL PROGRAMME

Monday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 13.00 13.00 to 14.00 14.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults Primetime(50+) PUBLIC Clubs PUBLIC PUBLIC - Adults
Tuesday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 13.00 13.00 to 14.00 14.00 to 16.00 16.00 to 18.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults Water Aerobics PUBLIC Clubs PUBLIC Lessons - junior PUBLIC Water Aerobics PUBLIC
Wednesday	06.15 to 08.50 09.00 to 10.00 10.00 to 12.00 12.00 to 13.00 13.00 to 14.00 14.00 to 16.00 14.00 to 15.00 16.00 to 18.00 18.00 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults PUBLIC Clubs PUBLIC (14.00 – 15.00 $\frac{3}{4}$ pool) Water Aerobics ($\frac{1}{4}$ pool) Lessons – junior Clubs PUBLIC Clubs
Thursday	06.15 to 08.50 09.00 to 10.00 10.00 to 13.00 14.00 to 16.00 16.00 to 18.00 18.00 to 19.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Funtastic PUBLIC PUBLIC Lessons - junior PUBLIC ($\frac{1}{2}$ pool) Lessons – adult ($\frac{1}{2}$ pool) Water Aerobics PUBLIC
Friday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.30 11.30 to 12.30 12.30 to 15.50 16.00 to 18.00 18.00 to 19.00 19.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC Water Aerobics PUBLIC Lessons - junior PUBLIC Clubs PUBLIC
Saturday	09.00 to 12.00 12.00 to 14.50 15.00 to 15.50 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 15.50 16.00 to 21.00	PUBLIC Inflatable Fun Parties/Private Hire

TEACHING POOL PROGRAMME

Monday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.00 14.00 to 16.00 16.00 to 18.00 18.00 to 19.00	Funtastic Parent & Toddler PUBLIC PUBLIC Lessons - junior PUBLIC
Tuesday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.00 14.00 to 18.00	Funtastic Lessons - junior PUBLIC Lessons - junior
Wednesday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.00 14.00 to 18.00	Funtastic Parent & Toddler PUBLIC Lessons - junior
Thursday	09.00 to 09.30 09.30 to 13.00 14.00 to 15.50 16.00 to 18.00 18.00 to 19.00	Funtastic Lessons – junior PUBLIC Lessons - junior PUBLIC
Friday	09.00 to 10.00 10.00 to 13.50 14.00 to 18.00	Funtastic PUBLIC Lessons - junior
Saturday	09.00 to 12.00 12.00 to 14.50 15.00 to 15.50 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 15.50 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire

Under 8's 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.

www.sencio.org.uk

7th August to 13th August

MAIN POOL PROGRAMME

Monday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 13.00 13.00 to 14.00 14.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults Primetime(50+) PUBLIC Clubs PUBLIC PUBLIC - Adults
Tuesday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 13.00 13.00 to 14.00 14.00 to 16.00 16.00 to 18.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults Water Aerobics PUBLIC PUBLIC Lessons - junior PUBLIC Water Aerobics PUBLIC
Wednesday	06.15 to 08.50 09.00 to 10.00 10.00 to 12.00 13.00 to 14.00 14.00 to 16.00 14.00 to 15.00 16.00 to 18.00 18.00 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults PUBLIC Clubs PUBLIC (14.00 – 15.00 ½pool) Water Aerobics (½pool) Lessons – junior Clubs PUBLIC Clubs
Thursday	06.15 to 08.50 09.00 to 10.00 10.00 to 16.00 16.00 to 18.00 18.00 to 19.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Funtastic PUBLIC Lessons - junior PUBLIC (½pool) Lessons – adult (½pool) Water Aerobics PUBLIC
Friday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.30 11.30 to 12.30 12.30 to 15.50 16.00 to 18.00 18.00 to 19.00 19.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC Water Aerobics PUBLIC Lessons - junior PUBLIC Clubs PUBLIC
Saturday	09.00 to 12.00 12.00 to 14.50 15.00 to 15.50 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 15.50 16.00 to 21.00	PUBLIC Inflatable Fun Parties/Private Hire

TEACHING POOL PROGRAMME

Monday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.00 14.00 to 16.00 16.00 to 18.00 18.00 to 19.00	Funtastic Parent & Toddler PUBLIC PUBLIC Lessons - junior PUBLIC
Tuesday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.00 14.00 to 18.00	Funtastic Lessons - junior PUBLIC Lessons - junior
Wednesday	09.00 to 10.00 10.00 to 12.00 12.00 to 13.00 14.00 to 18.00	Funtastic Parent & Toddler PUBLIC Lessons - junior
Thursday	09.00 to 09.30 09.30 to 12.30 12.30 to 15.50 16.00 to 18.00 18.00 to 19.00	Funtastic Lessons – junior PUBLIC Lessons - junior PUBLIC
Friday	09.00 to 10.00 10.00 to 13.50 14.00 to 18.00	Funtastic PUBLIC Lessons - junior
Saturday	09.00 to 12.00 12.00 to 14.50 15.00 to 15.50 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 15.50 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire

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14th August to 27th August

MAIN POOL PROGRAMME

Monday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 14.30 14.30 to 15.30 15.30 to 21.00 21.00 to 22.00	Early Morning Swim Crash Course PUBLIC - Adults Primetime(50+) PUBLIC Funtastic PUBLIC PUBLIC – Adults
Tuesday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 14.30 14.30 to 15.30 15.30 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Crash Course PUBLIC - Adults Water Aerobics PUBLIC Funtastic PUBLIC PUBLIC Water Aerobics PUBLIC
Wednesday	06.15 to 08.50 09.00 to 10.00 10.00 to 12.00 12.00 to 15.00 14.00 to 15.00 15.00 to 16.00 16.00 to 17.00 17.00 to 18.00 18.00 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Swim Crash Course PUBLIC - Adults PUBLIC (14.00 – 15.00 $\frac{3}{4}$ pool) Water Aerobics ($\frac{1}{4}$ pool) Funtastic Inflatable Fun PUBLIC Clubs PUBLIC Clubs
Thursday	06.15 to 08.50 09.00 to 10.00 10.00 to 14.30 14.30 to 15.30 15.30 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Crash Course PUBLIC Funtastic PUBLIC Water Aerobics PUBLIC
Friday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.30 11.30 to 12.30 12.30 to 14.30 14.30 to 15.30 15.30 to 19.00 19.00 to 21.00 21.00 to 22.00	Early Morning Swim Crash Course PUBLIC Water Aerobics PUBLIC Funtastic PUBLIC Clubs PUBLIC
Saturday	09.00 to 14.50 15.00 to 14.00 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 16.00 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire

TEACHING POOL PROGRAMME

Monday	08.30 to 10.00 10.00 to 12.00 12.00 to 14.30 14.30 to 15.30 15.30 to 19.00	Crash Course Parent & Toddler PUBLIC Funtastic PUBLIC
Tuesday	08.30 to 10.00 10.00 to 14.30 14.30 to 15.30 15.30 to 18.00	Crash Course PUBLIC Funtastic PUBLIC
Wednesday	08.30 to 10.00 10.00 to 12.00 12.00 to 15.00 15.00 to 16.00 16.00 to 17.00 17.00 to 18.00	Crash Course Parent & Toddler PUBLIC Funtastic Inflatable Fun PUBLIC
Thursday	09.00 to 10.00 10.00 to 14.30 14.30 to 15.30 15.30 to 19.00	Crash Course PUBLIC Funtastic PUBLIC
Friday	09.00 to 10.00 10.00 to 14.30 14.30 to 15.30 15.30 to 18.00	Crash Course PUBLIC Funtastic PUBLIC
Saturday	09.00 to 15.00 15.00 to 16.00 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 15.00 15.00 to 16.00 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire

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28th August to 3rd September

MAIN POOL PROGRAMME

Monday	09.00 to 10.00 10.00 to 11.00 10.00 to 11.00 11.00 to 18.00	PUBLIC PUBLIC - Adults Primetime(50+) PUBLIC
Tuesday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.00 11.00 to 12.00 12.00 to 15.50 16.00 to 18.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults Water Aerobics PUBLIC Lessons- junior PUBLIC Water Aerobics PUBLIC
Wednesday	06.15 to 08.50 09.00 to 10.00 10.00 to 12.00 12.00 to 15.50 14.00 to 15.00 16.00 to 18.00 18.00 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC - Adults PUBLIC (14.00 – 15.00 $\frac{3}{4}$ pool) Water Aerobics ($\frac{1}{4}$ pool) Lessons - junior Clubs PUBLIC Clubs
Thursday	06.15 to 08.50 09.00 to 10.00 10.00 to 15.50 16.00 to 18.00 18.00 to 19.00 18.00 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Swim Funtastic PUBLIC Lessons - junior Lessons - adult ($\frac{1}{2}$ pool) PUBLIC ($\frac{1}{2}$ pool) Water Aerobics PUBLIC
Friday	06.15 to 08.50 09.00 to 10.00 10.00 to 11.30 11.30 to 12.30 12.30 to 15.50 16.00 to 18.00 18.00 to 19.00 19.00 to 21.00 21.00 to 22.00	Early Morning Swim Funtastic PUBLIC Water Aerobics PUBLIC Lessons - junior PUBLIC Clubs PUBLIC
Saturday	09.00 to 12.00 12.00 to 15.00 15.00 to 16.00 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 14.50 15.00 to 16.00 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire

TEACHING POOL PROGRAMME

Monday	09.00 to 10.00 10.00 to 12.00 12.00 to 15.50 16.00 to 18.00	PUBLIC Parent & Toddler PUBLIC Lessons - junior
Tuesday	09.00 to 10.00 10.00 to 12.00 12.00 to 14.00 14.00 to 18.00	Funtastic Lessons - junior PUBLIC Lessons - junior
Wednesday	09.00 to 10.00 10.00 to 12.00 12.00 to 14.00 14.00 to 18.00	Funtastic Parent & Toddler PUBLIC Lessons - junior
Thursday	09.00 to 09.30 09.30 to 12.30 12.30 to 16.00 16.00 to 18.00 18.00 to 19.00	Funtastic Lessons - junior PUBLIC Lessons - junior PUBLIC
Friday	09.00 to 10.00 10.00 to 14.00 14.00 to 18.00	Funtastic PUBLIC Lessons - junior
Saturday	09.00 to 12.00 12.00 to 15.00 15.00 to 16.00 16.00 to 20.00	Lessons - junior PUBLIC Inflatable Fun Parties/Private Hire
Sunday	09.00 to 15.00 15.00 to 16.00 16.00 to 20.00	PUBLIC Inflatable Fun Parties/Private Hire

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Your Guide to our Swimming Programme

Early Morning Swim

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

Primetime (50+)

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

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.

Public - Adults

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

Parent & Toddler

Special session for the under 5's. It offers the perfect introduction to the water without too much splashing from older children.

Funtastic

Exclusive session for the children that have booked onto our fantastic holiday day camp

Crash Course

Week-long intensive swimming lessons. Please ask at reception for further details.

Water Aerobics

A variety of aerobic and conditioning classes 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.

Inflatable Fun

Come and join the Amazonia 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 is subject to availability).

Parties & Private Hire

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

Edenbridge Leisure Centre reserves the right to alter the programme or cancel activities

