24th July to 30th July

MAIN POOL PROGRAMME

		T		
	06.15 to 08.50	Early Morning Swim		
Monday	09.00 to 10.00	PUBLIC		
	10.00 to 11.00	PUBLIC - Adults		
G	11.00 to 12.00	Primetime(50+)		
≥	12.00 to 21.00	PUBLIC		
	21.00 to 22.00	Adults		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	PUBLIC		
	10.00 to 11.00	PUBLIC - Adults		
a	11.00 to 12.00	Water Aerobics		
Sd	12.00 to 15.50	PUBLIC		
Tuesday	16.00 to 18.00	Lessons - junior		
-	18.00 to 19.00	PUBLIC		
	19.00 to 20.00	Water Aerobics		
	20.00 to 22.00	PUBLIC		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Funtastic		
ay	10.00 to 12.00	PUBLIC - Adults		
Sd	12.00 to 15.50			
Wednesday	14.00 to 15.00	PUBLIC (14.00 – 15.00 ½ pool)		
凉		Water Aerobics (½pool)		
Ĭ	16.00 to 18.00	Lessons – junior		
	18.00 to 20.00	Clubs		
	20.00 to 21.00	PUBLIC		
	06.15 to 08.50	Early Morning Swim		
_	09.00 to 10.00	Funtastic		
a S	10.00 to 15.50	PUBLIC		
Š	16.00 to 18.00	Lessons - junior		
Thursday	18.00 to 19.00	PUBLIC (½pool)		
	18.00 to 19.00	Lessons – adult (½pool)		
	19.00 to 20.00	Water Aerobics		
	20.00 to 22.00	PUBLIC		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Funtastic		
	10.00 to 11.30	PUBLIC		
a	11.30 to 12.30	Water Aerobics		
亨	12.30 to 15.50	PUBLIC		
正	16.00 to 18.00	Lessons – junior		
	18.00 to 19.00	PUBLIC		
	19.00 to 21.00	Clubs		
	21.00 to 22.00	PUBLIC		
>	09.00 to 12.00	Lessons - junior		
da	12.00 to 14.50	PUBLIC		
<u> </u>	15.00 to 15.50	Inflatable Fun		
Saturday	16.00 to 20.00	Parties/Private Hire		
(0)	10.00 10 20.00	i ailles/i livale i lile		
_	00.001.44.75	DUDU IO		
Sunday	09.00 to 14.50	PUBLIC		
Ì	15.00 to 15.50	Inflatable Fun		
ร	16.00 to 21.00	Parties/Private Hire		
1		I		

TEACHING POOL PROGRAMME

Monday	09.00 to 10.00 10.00 to 12.00	PUBLIC Parent & Toddler
<u> </u>	12.00 to 15.50	PUBLIC
₽	16.00 to 18.00	Lessons - junior
	18.00 to 19.00	PUBLIC
аў	09.00 to 10.00	PUBLIC
ğ	10.00 to 12.00	Lessons - junior
Tuesday	12.00 to 13.50	PUBLIC
Ĕ	14.00 to 18.00	Lessons - junior
Wednesday	09.00 to 10.00	Funtastic
S	10.00 to 12.00	Parent & Toddler
l le	12.00 to 13.50	PUBLIC
eç	14.00 to 18.00	Lessons - junior
>		
>	09.00 to 09.30	Funtastic
Thursday	09.30 to 12.30	Lessons - junior
<u>s</u>	12.30 to 15.50	PUBLIC
1	16.00 to 18.00	Lessons - junior
_	18.00 to 19.00	PUBLIC
<u>~</u>	09.00 to 10.00	Funtastic
Friday	10.00 to 13.50	PUBLIC
ᇤ	14.00 to 18.00	Lessons - junior
<u>></u>	09.00 to 12.00	Lessons - junior
Saturday	12.00 to 14.50	PUBLIC
Ę	15.00 to 15.50	Inflatable Fun
Sa	16.00 to 20.00	Parties/Private Hire
Sunday	09.00 to 14.50	PUBLIC
pu	15.00 to 15.50	Inflatable Fun
Su	16.00 to 20.00	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

	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Funtastic		
>	10.00 to 11.00	PUBLIC - Adults		
g	11.00 to 12.00	Primetime(50+)		
Monday	12.00 to 13.00	PUBLIC		
Ž	13.00 to 14.00	Clubs		
	14.00 to 21.00	PUBLIC		
	21.00 to 22.00	PUBLIC - Adults		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Funtastic		
	10.00 to 11.00	PUBLIC - Adults		
ay		Water Aerobics		
	11.00 to 12.00			
Tuesday	12.00 to 13.00	PUBLIC		
es	13.00 to 14.00	Clubs		
∣₽	14.00 to 16.00	PUBLIC		
	16.00 to 18.00	Lessons - junior		
	18.00 to 19.00	PUBLIC		
	19.00 to 20.00	Water Aerobics		
	20.00 to 22.00	PUBLIC		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Funtastic		
	10.00 to 12.00	PUBLIC - Adults		
€	12.00 to 13.00	PUBLIC		
Ö	13.00 to 14.00	Clubs		
ခြိ	14.00 to 16.00	PUBLIC (14.00 – 15.00 ¾ pool)		
Wednesday	14.00 to 15.00	Water Aerobics (1/4 pool)		
ĕ	16.00 to 18.00	Lessons – junior		
	18.00 to 20.00	Clubs		
	20.00 to 21.00	PUBLIC		
	21.00 to 22.00	Clubs		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Funtastic		
	10.00 to 13.00			
ay	14.00 to 16.00	PUBLIC		
Thursday	16.00 to 18.00	PUBLIC		
Ē		Lessons - junior		
ᅡ	18.00 to 19.00	PUBLIC (½pool)		
_	18.00 to 19.00	Lessons – adult (½ pool)		
	19.00 to 20.00	Water Aerobics		
	20.00 to 22.00	PUBLIC		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Funtastic		
	10.00 to 11.30	PUBLIC		
ay	11.30 to 12.30	Water Aerobics		
Friday	12.30 to 15.50	PUBLIC		
正	16.00 to 18.00	Lessons - junior		
	18.00 to 19.00	PUBLIC		
	19.00 to 21.00	Clubs		
	21.00 to 22.00	PUBLIC		
>	09.00 to 12.00	Lessons - junior		
a	12.00 to 14.50	PUBLIC		
Saturday	15.00 to 15.50	Inflatable Fun		
at				
S	16.00 to 20.00	Parties/Private Hire		
>	00.00 +- 44.50	DUDUC		
Sunday	09.00 to 14.50	PUBLIC		
5	15.00 to 15.50 16.00 to 21.00	Inflatable Fun Parties/Private Hire		
		i railles/riivale fille		
ง	10.00 to 21.00			

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.

7th August to 13th August

MAIN POOL PROGRAMME

Early Morning Swim 06.15 to 08.50 09.00 to 10.00 Funtastic 10.00 to 11.00 **PUBLIC** - Adults Monday 11.00 to 12.00 Primetime(50+) 12.00 to 13.00 **PUBLIC** 13.00 to 14.00 Clubs 14.00 to 21.00 **PUBLIC** 21.00 to 22.00 **PUBLIC - Adults** 06.15 to 08.50 Early Morning Swim 09.00 to 10.00 **Funtastic PUBLIC** - Adults 10.00 to 11.00 11.00 to 12.00 Water Aerobics **Fuesday** 12.00 to 13.00 **PUBLIC** 13.00 to 14.00 **PUBLIC** 14.00 to 16.00 16.00 to 18.00 Lessons - junior 18.00 to 19.00 **PUBLIC** Water Aerobics 19.00 to 20.00 20.00 to 22.00 **PUBLIC** Early Morning Swim 06.15 to 08.50 **Funtastic** 09.00 to 10.00 **PUBLIC** - Adults 10.00 to 12.00 **PUBLIC** 12.00 to 13.00 Wednesday 13.00 to 14.00 Clubs 14.00 to 16.00 PUBLIC (14.00 – 15.00 ½ pool) 14.00 to 15.00 Water Aerobics (1/2 pool) 16.00 to 18.00 Lessons - junior 18.00 to 20.00 Clubs **PUBLIC** 20.00 to 21.00 21.00 to 22.00 Clubs 06.15 to 08.50 Early Morning Swim 09.00 to 10.00 **Funtastic** 10.00 to 16.00 **PUBLIC** Thursday 16.00 to 18.00 Lessons - junior 18.00 to 19.00 PUBLIC (1/2 pool) 18.00 to 19.00 Lessons - adult (1/2 pool) Water Aerobics 19.00 to 20.00 **PUBLIC** 20.00 to 22.00 Early Morning Swim 06.15 to 08.50 09.00 to 10.00 **Funtastic** 10.00 to 11.30 **PUBLIC** 11.30 to 12.30 Water Aerobics 12.30 to 15.50 **PUBLIC** 16.00 to 18.00 Lessons - junior 18.00 to 19.00 **PUBLIC** 19.00 to 21.00 Clubs 21.00 to 22.00 **PUBLIC** Saturday 09.00 to 12.00 Lessons - junior 12.00 to 14.50 **PUBLIC** 15.00 to 15.50 Inflatable Fun 16.00 to 20.00 Parties/Private Hire Sunday 09.00 to 14.50 **PUBLIC** 15.00 to 15.50 Inflatable Fun 16.00 to 21.00 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	Funtastic Parent & Toddler PUBLIC PUBLIC
M	16.00 to 18.00 18.00 to 19.00	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

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.

14th August to 27th August

MAIN POOL PROGRAMME

				
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Crash Course		
>	10.00 to 11.00	PUBLIC - Adults		
Monday	11.00 to 12.00	Primetime(50+)		
l c	12.00 to 14.30	PUBLIC ` ´		
Ž	14.30 to 15.30	Funtastic		
	15.30 to 21.00	PUBLIC		
	21.00 to 22.00	PUBLIC – Adults		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Crash Course		
>	10.00 to 11.00	PUBLIC - Adults		
Tuesday	11.00 to 12.00	Water Aerobics		
es.	12.00 to 14.30	PUBLIC		
ĽŽ	14.30 to 15.30	Funtastic		
'	15.30 to 19.00	PUBLIC		
	19.00 to 20.00	Water Aerobics		
	20.00 to 22.00	PUBLIC		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Crash Course		
	10.00 to 12.00	PUBLIC - Adults		
>				
g	12.00 to 15.00	PUBLIC (14.00 – 15.00 ¾ pool)		
Sé	14.00 to 15.00	Water Aerobics (1/4 pool)		
Wednesday	15.00 to 16.00	Funtastic		
Jec	16.00 to 17.00	Inflatable Fun		
>	17.00 to 18.00	PUBLIC		
	18.00 to 20.00	Clubs		
	20.00 to 21.00	PUBLIC		
	21.00 to 22.00	Clubs		
	06.15 to 08.50	Early Morning Swim		
_	09.00 to 10.00	Crash Course		
Jay	10.00 to 14.30	PUBLIC		
Thursday	14.30 to 15.30	Funtastic		
₹	15.30 to 19.00	PUBLIC		
ဲ	19.00 to 20.00	Water Aerobics		
	20.00 to 22.00	PUBLIC		
	06.15 to 08.50	Early Morning Swim		
	09.00 to 10.00	Crash Course		
	10.00 to 11.30	PUBLIC		
Friday	11.30 to 12.30	Water Aerobics		
ġ	12.30 to 14.30	PUBLIC		
ᇤ	14.30 to 15.30	Funtastic		
	15.30 to 19.00	PUBLIC		
	19.00 to 21.00	Clubs		
	21.00 to 22.00	PUBLIC		
Saturday	09.00 to 14.50	PUBLIC		
ובי	15.00 to 14.00	Inflatable Fun		
att	16.00 to 20.00	Parties/Private Hire		
Š	10.00 to 20.00	i artioo/i iivato i iii e		
Sunday	09.00 to 14.50	PUBLIC		
l i	15.00 to 16.00	Inflatable Fun		
S	16.00 to 20.00	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 ¾ pool) Water Aerobics (¼ 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 (½ pool) PUBLIC (½ 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

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.

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 Fur

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