

MAIN POOL

Holidays

Monday	06.30 to 08.30 08.30 to 09.30 09.30 to 10.15 10.15 to 11.00 11.00 to 16.30 16.30 to 19.00 16.30 to 19.00 19.00 to 21.00 21.00 to 22.00	Early Morning Lane Swim PUBLIC (9.00 to 10.15(½ pool) Water Aerobics ¾ pool and 1 lane Water Aerobics (whole pool) PUBLIC ½ pool & 2 lanes PUBLIC (16.30 to 19.00 (½ pool) Junior Swim Lessons (½ pool) Sevenoaks Swim Club Evening Lane Swim
Tuesday	06.30 to 08.30 08.30 to 10.30 08.30 to 10.30 10.30 to 14.00 14.00 to 15.00 15.00 to 16.00 16.00 to 20.00 16.00 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Lane Swim Primetime (50+) (½ pool) PUBLIC (½ pool) PUBLIC ½ pool & 2 lanes Water Fun Time(whole pool) PUBLIC ½ pool & 2 lanes Junior Swim Lessons (½ pool) PUBLIC (½ pool) Sevenoaks Tri-Club Evening Lane Swim
Wednesday	06.30 to 09.30 09.30 to 16.15 16.15 to 17.15 17.15 to 19.00 19.00 to 20.00 20.00 to 22.00	Early Morning Lane Swim PUBLIC ½ pool & 2 lanes Inflatable Fun PUBLIC ½ pool & 2 lanes Water Aerobics(whole pool) Sevenoaks Masters Swim Club & Water Polo Club
Thursday	06.30 to 08.30 08.30 to 10.30 08.30 to 10.30 10.30 to 14.00 14.00 to 15.00 15.00 to 17.45 17.45 to 21.15 21.15 to 22.00	Early Morning Lane Swim Primetime (50+) (½ pool) PUBLIC (½ pool) PUBLIC ½ pool & 2 lanes Water Fun Time (whole pool) PUBLIC ½ pool & 2 lanes Sevenoaks Swim Club Evening Lane Swim
Friday	06.30 to 08.30 09.30 to 16.30 16.30 to 18.30 16.30 to 18.30 18.30 to 20.00 20.00 to 21.00 21.00 to 22.00	Early Morning Lane Swim PUBLIC ½ pool & 2 lanes PUBLIC (16.30 to 18.30 ½ pool) Junior Swim Lessons (½ pool) Sevenoaks Swimming Club Sevenoaks Tri - Club Evening Lane Swim
Saturday	07.00 to 08.30 08.30 to 14.00 14.00 to 15.00 15.00 to 16.30 16.30 to 21.00	Early Morning Lane Swim PUBLIC & 2 lanes until 12.00 Inflatable Fun Water fun time(whole pool) Parties & Private Hire
Sunday	07.30 to 08.30 08.30 to 10.30 08.30 to 10.30 10.30 to 12.00 12.00 to 13.00 13.00 to 14.00 14.00 to 15.00 15.00 to 19.30 17.00 to 19.30 19.30 to 21.00	PUBLIC Adult Swim Lessons(2 lane) PUBLIC (½ pool) PUBLIC & 2 lanes until 12.00 Water Fun Time(whole pool) PUBLIC (whole pool) Inflatable Fun PUBLIC (17.00 to 19.30 ½ pool) Junior Swim Lessons (½ pool) Sevenoaks Swimming Club

TEACHING POOL

Monday	08.30 to 10.30 10.30 to 16.00 16.00 to 19.30	Junior Swim Lessons PUBLIC Junior Swim Lessons
Tuesday	08.30 to 13.30 13.30 to 16.00 16.00 to 18.00 18.00 to 20.00	Junior Swim Lessons PUBLIC Junior Swim Lessons PUBLIC
Wednesday	08.30 to 10.30 10.30 to 13.00 13.00 to 15.00 15.00 to 16.00 16.00 to 20.00	Junior Swim Lessons PUBLIC Junior Swim Lessons PUBLIC Junior Swim Lessons
Thursday	08.30 to 10.30 10.30 to 11.30 11.30 to 15.00 15.00 to 19.30	Junior Swim Lessons PUBLIC Junior Swim Lessons PUBLIC
Friday	08.30 to 10.30 10.30 to 16.00 16.00 to 19.30	Junior Swim Lessons PUBLIC Junior Swim Lessons
Saturday	08.30 to 11.30 11.30 to 14.00 14.00 to 15.00 15.00 to 16.30 16.30 to 18.30	Junior Swim Lessons PUBLIC Splash & Fun PUBLIC Parties & Private Hire
Sunday	08.30 to 14.00 14.00 to 15.00 15.00 to 17.30 17.30 to 18.30	PUBLIC Splash & Fun PUBLIC Junior Swim Lessons

TODDLER POOL

Monday, Friday, Saturday & Sunday
9.30am – 11.30am
Tuesday 9.30 to 13.30
Wednesday 9.30 to 11.30 & 13.00 to 15.00
Thursday 9.30 to 15.00

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

SEVENOAKS LEISURE CENTRE

Your Guide to our Swimming Programme

Early Morning Lane Swim

Set yourself up for the day with a refreshing and invigorating dip, 3 different lanes to suit all abilities.

Public

These sessions are open to swimmers of all abilities and in the main pool we have certain advertised times where extra lanes are available for those who take their exercise seriously.

Evening Lane Swim

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

Primetime (50+)

Special sessions to enjoy a relaxing swim for our customers who are 50+.

Parties & Private Hire

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

Water Fun Time

A special session with floats designed to have maximum fun in the water.

Water Aerobics

An aerobic class performed in the water. Water exercise improves fitness, muscle tone and reduces stress on the joints.

Junior/Adult Swim 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/Splash & Fun

Come and join the splashing fun in our pools with 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). Pool will be cleared 10 minutes before and after the session to safely allow the set up or take-out of the pool inflatable.

Schools

Private hire for school lessons, further details available on request.

Clubs

Private Hire for Club use. No public access during these times.

Sevenoaks Leisure Centre reserves the right to alter the programme or cancel activities.

All up to date pool programmes can
be viewed on our website

www.sencio.co.uk

**Holiday Programme
Monday 15th to Sunday 21st
February 2010**