

MAIN POOL

TERM TIME

| | | |
|-----------|--|--|
| Monday | 06.30 to 08.30 08.30 to 10.45 10.00 to 10.45 10.45 to 11.30 11.30 to 13.30 13.30 to 14.00 14.00 to 19.00 16.30 to 19.00 19.00 to 21.00 21.00 to 22.00 | Early Morning Lane Swim PUBLIC (10.00 to 10.45 ½ pool) Water Aerobics (½ pool) Water Aerobics (whole pool) PUBLIC (2 lunch lanes until 13.30) Schools PUBLIC (16.30 to 19.00 ½ pool) Junior Swim Lessons (½ pool) Sevenoaks Swim Club Evening Lane Swim |
| | 06.30 to 08.30 08.30 to 09.00 09.00 to 09.30 09.30 to 11.30 09.30 to 11.30 11.30 to 13.30 13.30 to 14.30 13.30 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 Schools(whole) PUBLIC Schools (½ pool) Primetime (50+) (½ pool) PUBLIC (2 lunch lanes until 13.30) Schools (½ pool) PUBLIC (14.00 to 14.30 ½ pool) Junior Swim Lessons (½ pool) PUBLIC (½ pool) Sevenoaks Tri-Club Evening Lane Swim |
| Tuesday | 06.30 to 08.30 08.30 to 09.00 09.00 to 09.30 09.30 to 11.30 09.30 to 11.30 11.30 to 13.30 13.30 to 14.30 13.30 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 Schools (whole) PUBLIC (2 lunch lanes until 13.30) PUBLIC Inflatable Fun PUBLIC Water Aerobics Sevenoaks Masters Swim Club & Water Polo Club |
| | 06.30 to 08.30 08.30 to 09.30 09.30 to 12.30 12.30 to 14.00 14.00 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 Schools (whole) PUBLIC (2 lunch lanes until 13.30) PUBLIC Inflatable Fun PUBLIC Water Aerobics Sevenoaks Masters Swim Club & Water Polo Club |
| Wednesday | 06.30 to 08.30 08.30 to 09.30 09.30 to 12.30 12.30 to 17.45 14.00 to 14.30 17.45 to 21.00 21.00 to 22.00 | Early Morning Lane Swim Primetime (50+) (whole pool) Schools (whole pool) PUBLIC (2 lunch lanes until 13.30) Schools (½ pool) Sevenoaks Swim Club Evening Lane Swim |
| | 06.30 to 08.30 08.30 to 09.30 09.30 to 12.30 12.30 to 17.45 14.00 to 14.30 17.45 to 21.00 21.00 to 22.00 | Early Morning Lane Swim Primetime (50+) (whole pool) Schools (whole pool) PUBLIC (2 lunch lanes until 13.30) Schools (½ pool) Sevenoaks Swim Club Evening Lane Swim |
| Thursday | 06.30 to 08.30 08.30 to 09.30 09.30 to 12.30 12.30 to 17.45 14.00 to 14.30 17.45 to 21.00 21.00 to 22.00 | Early Morning Lane Swim Primetime (50+) (whole pool) Schools (whole pool) PUBLIC (2 lunch lanes until 13.30) Schools (½ pool) Sevenoaks Swim Club Evening Lane Swim |
| | 06.30 to 08.30 08.30 to 09.30 09.30 to 12.30 12.30 to 17.45 14.00 to 14.30 17.45 to 21.00 21.00 to 22.00 | Early Morning Lane Swim Primetime (50+) (whole pool) Schools (whole pool) PUBLIC (2 lunch lanes until 13.30) Schools (½ pool) Sevenoaks Swim Club Evening Lane Swim |
| Friday | 06.30 to 08.30 08.30 to 09.30 09.30 to 11.00 11.30 to 15.00 15.00 to 16.00 16.00 to 20.00 16.30 to 20.00 20.00 to 21.00 21.00 to 22.00 | Early Morning Lane Swim Schools (whole pool) PUBLIC Schools PUBLIC (2 lunch lanes until 13.30) Primetime (50+) (whole pool) PUBLIC (½ pool) Junior Swim Lessons (½ pool) Sevenoaks Tri - Club Evening Lane Swim |
| | 06.30 to 08.30 08.30 to 09.30 09.30 to 11.00 11.30 to 15.00 15.00 to 16.00 16.00 to 20.00 16.30 to 20.00 20.00 to 21.00 21.00 to 22.00 | Early Morning Lane Swim Schools (whole pool) PUBLIC Schools PUBLIC (2 lunch lanes until 13.30) Primetime (50+) (whole pool) PUBLIC (½ pool) Junior Swim Lessons (½ pool) Sevenoaks Tri - Club Evening Lane Swim |
| Saturday | 07.00 to 08.30 08.30 to 12.00 12.00 to 13.00 12.00 to 13.00 13.00 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) Waterwalkerz(½ pool) Water Fun Time(½ pool) PUBLIC Inflatable Fun PUBLIC Parties & Private Hire |
| | 07.00 to 08.30 08.30 to 12.00 12.00 to 13.00 12.00 to 13.00 13.00 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) Waterwalkerz(½ pool) Water Fun Time(½ pool) PUBLIC Inflatable Fun PUBLIC Parties & Private Hire |
| Sunday | 07.30 to 19.30 08.30 to 10.00 12.00 to 13.00 12.00 to 13.00 13.00 to 14.00 14.00 to 15.00 17.00 to 19.30 19.30 to 20.30 | PUBLIC Adult Swim Lessons(2 lanes) Waterwalkerz(½ pool) Water Fun Time(½ pool) PUBLIC Inflatable Fun Junior Swim Lessons (½ pool) Evening Lane Swim |
| | 07.30 to 19.30 08.30 to 10.00 12.00 to 13.00 12.00 to 13.00 13.00 to 14.00 14.00 to 15.00 17.00 to 19.30 19.30 to 20.30 | PUBLIC Adult Swim Lessons(2 lanes) Waterwalkerz(½ pool) Water Fun Time(½ pool) PUBLIC Inflatable Fun Junior Swim Lessons (½ pool) Evening Lane Swim |

TEACHING POOL

| | | |
|-----------|---|---|
| Monday | 08.30 to 09.30 09.30 to 13.30 13.30 to 14.00 14.00 to 16.00 16.00 to 19.30 | PUBLIC Junior Swim Lessons Schools PUBLIC Junior Swim Lessons |
| | 08.30 to 09.30 09.30 to 10.30 10.30 to 12noon 12noon to 13.30 13.30 to 16.00 16.00 to 18.00 18.00 to 20.00 | PUBLIC Schools Junior Swim Lessons PUBLIC Schools Junior Swim Lessons PUBLIC |
| Tuesday | 08.30 to 09.30 09.30 to 10.30 10.30 to 12noon 12noon to 13.30 13.30 to 16.00 16.00 to 18.00 18.00 to 20.00 | PUBLIC Schools Junior Swim Lessons PUBLIC Schools Junior Swim Lessons PUBLIC |
| | 08.30 to 09.30 09.30 to 13.00 13.00 to 15.00 15.00 to 16.00 16.00 to 20.00 | PUBLIC Schools Junior Swim Lessons PUBLIC Junior Swim Lessons |
| Wednesday | 08.30 to 09.30 09.30 to 13.00 13.00 to 15.00 15.00 to 16.00 16.00 to 20.00 | PUBLIC Schools Junior Swim Lessons PUBLIC Junior Swim Lessons |
| | 08.30 to 09.30 09.30 to 13.00 13.00 to 15.00 15.00 to 16.00 16.00 to 20.00 | PUBLIC Schools 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 | PUBLIC Schools Junior Swim Lessons PUBLIC |
| | 08.30 to 10.30 10.30 to 11.30 11.30 to 15.00 15.00 to 19.30 | PUBLIC Schools Junior Swim Lessons PUBLIC |
| Friday | 08.30 to 10.00 10.00 to 10.30 10.30 to 11.00 11.00 to 11.30 11.30 to 16.00 16.00 to 19.30 | PUBLIC Schools PUBLIC Schools PUBLIC Junior Swim Lessons |
| | 08.30 to 10.00 10.00 to 10.30 10.30 to 11.00 11.00 to 11.30 11.30 to 16.00 16.00 to 19.30 | PUBLIC Schools PUBLIC Schools 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 |
| | 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 |
| | 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 to Sunday
9.30am to 11.30am
except
Tuesday
9.30am to 12.30pm

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

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 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). 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

**Term-time programme from
January 2009**