

12th August to 25th August 2019

Main Pool

	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Mon	Fitness Swim 06:30-09:30		Aqua 09:30-10:15 10:15-11:00 Lane	Public Swim 11:00-20:00						Swimming Lessons 16:30-19:00		Fitness Swim 20:00-22:00			
Tue	Fitness Swim 06:30-08:30		Prime Time 08:30-10:00	Public Swim 10:00-20:00						Swimming Lessons 16:00-19:30		Club 20:00-21:00	Fitness Swim 21:00-22:00		
Wed	Fitness Swim 06:30-08:30		Public Swim 08:30-11:00	Inflatable 11:00-12:00	Public Swim 12:00-20:00						Lessons		Club 20:00-22:00		
Thur	Fitness Swim 06:30-08:30		Prime Time 08:30-10:00	Public Swim 10:00-17:45						Swimming Lessons 16:00-17:30	Club 17:45-21:15		Fitness Swim 21:15-22:00		
Fri	Fitness Swim 06:30-08:30		Public Swim 08:30-11:30	Aqua 11:30-12:30 Lane	Public Swim 12:30-15:00		Prime Time 15:00-16:00	Swimming Lessons 16:00-18:30		Public Swim 16:00-20:00	Fitness Swim 20:00-22:00				
Sat	Fitness Swim 07:00-08:30		Swimming Lessons	Public Swim 08:30-11:30	Inflatable 11:30-12:30	Public Swim 12:30-17:00			Parties and Private Hire						
Sun	Fitness Swim 07:00-08:30		Public Swim 08:30-11:30	Inflatable 11:30-12:30	Public Swim 12:30-14:15	Parties- Public swim if no bookings, contact reception		Public Swim 16:45-19:00		Club					

Teaching Pool

	8	9	10	11	12	13	14	15	16	17	18
Mon		NR-Gize 08:30-10:30	Parent and Baby Lessons 10:30-12:30	Public Swim 12:30-16:00			Swimming Lessons 16:00-18:00		Public Swim 18:00-19:00		
Tues		NR-Gize 08:30-10:30	Parent and Baby Lessons 10:30-12:30	Public Swim 12:30-16:00			Lessons	Public Swim 16:30-1800	Lessons		
Wed		NR-Gize 08:30-10:30	Parent and Baby Lessons 10:30-12:30	Public Swim 12:30-17:00				Swimming Lessons 17:00-18:30			
Thur		NR-Gize 08:30-10:00	Public Swim 10:00-16:00					Swimming Lessons 16:00-17:30	Public Swim 17:30-19:00		
Fri		NR-Gize 08:30-10:00	Public Swim 10:00-16:00					Swimming Lessons 16:00-19:00			
Sat		Swimming Lessons 08:30-10:00	Floats and Fun 10:00-12:30	Public Swim 12:30-17:00							
Sun		Floats and Fun 08:30-12:30			Public Swim 12:30-14:15	Parties- Public swim if no bookings, contact reception			Public Swim 16:30-17:30		

Fitness Swim

Start you day or unwind at the end of the day with an invigorating dip in the pool. Three lanes available at slow, medium or fast pace.

Public Swim

An swimming session open to those of all abilities. We have 2 length lanes set in the main pool at medium and fast pace for those who take their exercise seriously.

Prime time

Swimming sessions dedicated to those aged 50+

Schools

The pool is halved or closed for school swimming lessons at this time

Lessons

We offer a comprehensive Swim England 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 splashing fun with our giant inflatable in the main pool. *subject to availability

Floats and Fun

Splash and play in the teaching pool with balls and floats

Aqua

A water based aerobic workout designed to take the pressure off the joints and work the whole body.

Clubs

The Main Pool is hired for use of clubs to train for competitions and other activities.

Parties

The Main pool and Teaching pool maybe hired for special events especially for parties, galas and any other occasions. Call the centre for prices and availability.

Lifeguard Training

Training sessions are scheduled for one

Wednesday evening 19:00-20:00 and one

Saturday morning 9-10am every month in one lane of the Main Pool.

Summer Holidays 2019
12th August to
25th August 2019

