

Sevenoaks Leisure Centre

1 September - 14 September 2020



Main pool:

| | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|------|--------------------------|--------------------------|--------------------------|--------------------------|----------------------------|----------------------------|--------------------------|--------------------------|--------------------------|----|----|----|----|----|----|
| Mon | Lane Swim 06:30-08:00 | Lane Swim 08:30-09:30 | Aqua 10:15-11:00 | Lane Swim 11:30-12:30 | Lane Swim 13:00-14:00 | Lane Swim 14:30-15:30 | Lane Swim 16:00-17:00 | Lane Swim 17:30-18:30 | Clubs | | | | | | |
| Tue | Lane Swim 06:30-08:00 | Lane Swim 08:30-09:30 | Lane Swim 10:00-11:00 | Lane Swim 11:30-12:30 | Lane Swim 13:00-14:00 | Lane Swim 14:30-15:30 | Lane Swim 16:00-17:00 | Lane Swim 17:30-18:30 | Lane Swim 19:00-20:00 | | | | | | |
| Wed | Lane Swim 06:30-08:00 | Lane Swim 08:30-09:30 | Lane Swim 10:00-11:00 | Aqua 11:30-12:15 | Lane Swim 13:00-14:00 | Lane Swim 14:30-15:30 | Lane Swim 15:30-16:30 | Clubs | | | | | | | |
| Thur | Lane Swim 06:30-08:00 | Lane Swim 08:30-09:30 | Lane Swim 10:00-11:00 | Lane Swim 11:30-12:30 | Lane Swim 13:00-14:00 | Aqua 14:15-15:00 | Lane Swim 16:00-17:00 | Clubs | | | | | | | |
| Fri | Lane Swim 06:30-08:00 | Lane Swim 08:30-09:30 | Lane Swim 10:00-11:00 | Aqua 11:30-12:15 | Lane Swim 13:00-14:00 | Lane Swim 14:30-15:30 | Lane Swim 16:00-17:30 | Clubs | | | | | | | |
| Sat | | Lane Swim 07:30-08:30 | Lane Swim 09:00-10:00 | Lane Swim 10:30-11:30 | Family Swim 12:00-13:00 | Family Swim 13:30-14:30 | Clubs 14:30-16:30 | | | | | | | | |
| Sun | | Lane Swim 07:30-08:30 | Clubs 09:00-11:30 | | Family Swim 12:00-13:00 | Family Swim 13:30-14:30 | Clubs 14:30-16:30 | | | | | | | | |



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1 September - 14 September 2020

Teaching pool:

| | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
|------|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Mon | | Family Swim 09:00-10:00 | | Family Swim 10:30-11:30 | | Family Swim 12:00-13:00 | | Family Swim 13:30-14:30 | | Family Swim 15:00-16:00 | | Family Swim 16:30-17:30 |
| Tues | | Family Swim 09:00-10:00 | | Family Swim 10:30-11:30 | | Family Swim 12:00-13:00 | | Family Swim 13:30-14:30 | | Family Swim 15:00-16:00 | | Family Swim 16:30-17:30 |
| Wed | | Family Swim 09:00-10:00 | | Family Swim 10:30-11:30 | | Family Swim 12:00-13:00 | | Family Swim 13:30-14:30 | | Family Swim 15:00-16:00 | | Family Swim 16:30-17:30 |
| Thur | | Family Swim 09:00-10:00 | | Family Swim 10:30-11:30 | | Family Swim 12:00-13:00 | | | | Family Swim 15:00-16:00 | | Family Swim 16:30-17:30 |
| Fri | | Family Swim 09:00-10:00 | | Family Swim 10:30-11:30 | | Family Swim 12:00-13:00 | | Family Swim 13:30-14:30 | | Family Swim 15:00-16:00 | | Family Swim 16:30-17:30 |
| Sat | | | Family Swim 09:30-10:30 | | Family Swim 11:00-12:00 | | Family Swim 12:30-13:30 | | Family Swim 14:00-15:00 | | Family Swim 15:30-16:30 | |
| Sun | | | Family Swim 09:30-10:30 | | Family Swim 11:00-12:00 | | Family Swim 12:30-13:30 | | Family Swim 14:00-15:00 | | Family Swim 15:30-16:30 | |

Swim sessions must be booked in advance.

See our new pool rules at sencio.org.uk/swimrules

Family Swim Teaching Pool

Pool will be divided into 2 for 2x families to attend. Bookable online. Will be lifeguarded by 1 lifeguard on a single zone basis

Family Swim Main Pool

Pool will be open with no lanes for up to 7 families to attend. Bookable online. Will be lifeguarded by 2 lifeguards on a zonal basis

Lane Swim

One hour slots of three lanes at slow, medium or fast paced swimming

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

Contact the centre:

slc@sencio.org.uk
01732 470700

