

POOL PROGRAMME - MAY TO AUGUST 2014

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6.30 am						Closed	
7.00 am						Closed	
7.30 am						Closed	
8.00 am						Closed	
8.30 am						Closed	
9.00 am	Aqua 9.30 - 10.10					Closed	
9.30 am	Aqua 10.15 - 11.00	Aqua 9.30 - 10.15	Aqua 9.30 - 10.15	Aqua 9.30 - 10.15	Aqua 10.00 - 10.45	Closed	
10.00 am						Closed	
10.30 am						Closed	
11.00 am	Swim Lessons 11.00 - 12.00				Swim Lessons 11.00 - 12.00	Closed	
11.30 am						Closed	
12.00 pm						Family Splash 12.00 - 13.00	
12.30 pm						Family Splash 12.00 - 13.00	
1.00 pm						Family Times 11.00 - 18.00	
1.30 pm						Family Times 11.00 - 18.00	
2.00 pm						Family Times 11.00 - 18.00	
2.30 pm						Family Times 11.00 - 18.00	
3.00 pm						Family Times 11.00 - 18.00	
3.30 pm						Family Times 11.00 - 18.00	
4.00 pm						Family Times 11.00 - 18.00	
4.30 pm						Family Times 11.00 - 18.00	
5.00 pm						Family Times 11.00 - 18.00	
5.30 pm						Family Times 11.00 - 18.00	
6.00 pm						Family Times 11.00 - 18.00	
6.30 pm						Family Times 11.00 - 18.00	
7.00 pm						Family Times 11.00 - 18.00	
7.30 pm	Aqua 19.45 - 20.30		Aqua 19.30 - 20.15			Family Times 11.00 - 18.00	
8.00 pm						Family Times 11.00 - 18.00	
8.30 pm						Family Times 11.00 - 18.00	
9.00 pm						Family Times 11.00 - 18.00	
9.30 pm						Family Times 11.00 - 18.00	

Aqua - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

FAMILY TIMES AND SPLASH TIMES
- lane restrictions apply

HEALTH CLUB OPENING TIMES:
6.30am - 10.00pm Weekdays
7.30am - 8.00pm Weekends



SWIMMING SCHOOL - We offer both group and one to one lessons for Children and Adults of all abilities with our qualified swimming instructors. See Reception for more details.