

SWIMMING POOL OPENING HOURS

JANUARY 2ND – FEBRUARY 17TH 2019

MONDAY

ACADEMY SWIM TEAM: 6:00 - 7:00 am

LANE SWIM: 7:00 - 9:00 am (*Stroke tech 8:30 - 9:00 am*); 12:00 - 1:30 pm; 8:00 - 9:30 pm

OPEN/FAMILY SWIM: 9:00 - 12:00 pm

OPEN SWIM: 1:30 - 4:00 pm (*From 14th Jan 2:45 - 4:00 pm Only*):

SCHOOLS: (*From 14th Jan*): 1:30 - 2:30 pm

SWIM/LIFEGUARD ACADEMY: 4:00 - 6:30 pm

AQUA AEROBICS: 6:30 - 7:30 pm (*Shallow End*)

LADIES ONLY SWIM: 6:30 - 8:00 pm

COACHED LANE SWIM (MASTERS/SWIM TECHNIQUE) (*2 lanes*): 8:30 - 9:30 pm (*All Ages 16+ Welcome*)

TUESDAY

LANE SWIM: 6:00 - 9:30 am; 12:00 - 1:30 pm; 9:00 - 10:00 pm (*2 lanes only*)

DIVE ACADEMY: 9:00 - 9:30 am (*Adult learn to Dive Class*). PENGUINS CLUB: 9:30 - 10:30 am

FAMILY/OPEN SWIM: 10:30 - 12:00 pm (*Shallow End only 11:00 - 12:00 pm*)

AQUA FIT (*Deep*) 11:00 - 12:00 pm

OPEN SWIM: 1:30 - 4:00 pm with **Adult Beg/Int Lesson** (*1:30 pm - 2:00 pm Shallow end*)

SWIM ACADEMY: 4:00 - 6:00 pm ACADEMY SWIM TEAM: 6:00 - 9:00 pm

WEDNESDAY

LANE SWIM: 6:00 - 9:00 am; 12:00 - 1:30 pm (*Stroke tech 12:15 - 12:45*); 7:00 - 8:00 pm

FAMILY: 9:00 - 10:45 am (*Shallow End only 9:30 - 10:15*). (*From 10th Jan: 9:00 - 10:15 am only*)

AQUA FIT: (*Deep End*): 9:30 - 10:15 am.

FAMILY/OPEN SWIM: 10:45 - 12:00 pm (*From 16th Jan No Session: Schools 10:15 - 12:00 pm*)

OPEN SWIM: 1:30 - 4:00 pm (*Parent & Tot class 2:00 - 2:30 pm Shallow end*)

SWIM/TRI ACADEMY: 4:00 - 6:00 pm

AQUA AEROBICS: 6:00 - 7:00 pm (*Shallow End*) with **OPEN SWIM**: 6:00 - 7:00 pm (*Deep End Only*)

ACADEMY SWIM TEAM 8:00 - 9:00 pm

THURSDAY

ACADEMY SWIM TEAM: 6:00 - 7:00 am

LANE SWIM: 7:00 - 9:00 am (*Stroke tech 8:30 - 9:00 am*); 12:00 - 1:30 pm

OPEN/FAMILY SWIM: 9:00 - 10:45 am (*From 10th Jan 9:00 - 10:00 am Only*)

OPEN SWIM (D): 10:45 - 12:00 pm (*Deep End Only 11:00 - 12:00 pm*)

AQUA AEROBICS: 11:00 - 12:00 pm (*Shallow End*)

OPEN SWIM: 1:30 - 4:00 pm

SWIM ACADEMY: 4:00 - 6:00 pm ACADEMY SWIM TEAM: 6:00 - 9:30 pm

COACHED LANE SWIM (SWIM TECHNIQUE): 9:00 - 10:00 pm (*All Ages 16+ Welcome*)

FRIDAY

LANE SWIM: 6:00 - 9:00 am; 12:00 - 1:30 pm; 7:00 - 9:00 pm (*Juniors Welcome*)

FAMILY/OPEN SWIM: 9:00 am - 12:00 pm *Please note Deep end only 11-12 pm. (From 10th Jan 10:00 - 12:00 pm Only).*

AQUA AEROBICS: 11:00 - 12:00 pm (*Shallow End*)

OPEN SWIM: 1:30 - 4:00 pm (*From 18th Jan 2:45 - 4:00 pm Only*)

SWIM ACADEMY: 4:00 - 6:00 pm ACADEMY SWIM TEAM: 6:00 - 7:00 pm

LANE SWIM: 7:00 - 9:00 pm

SATURDAY

SWIM TEAM: 7:00 - 8:30 am with COACHED LANE SWIM (MASTERS): 7:30 - 8:30 am (*All 16+ Welcome*)

SWIM & TRIATHLON ACADEMY & SWIM TEAM: 8:30 - 1:30 pm

OPEN SWIM with FUN N FLOATS: 1:30 - 4:30 pm (*26th Jan No Session: SW Synchro event*)

LANE SWIM: 4:30 - 6:00 pm (*26th Jan No Session: SW Synchro event*)

SUNDAY

LANE SWIM: 7:00 - 8:30 am.

ACADEMY SWIM TEAM: 8:30 - 9:30 am & 1:00 - 2:30 pm

OPEN/FAMILY SWIM with FUN N FLOATS: 9:30 - 11:00 am

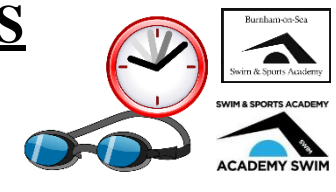
DIVE ACADEMY: 10:00 - 10:30 am (*Deep End*)

OPEN SWIM with FUN N FLOATS: 11:00 - 1:00 pm

www.bospool.com 01278 785909

SWIM TICKET PRICING:
ADULT & CHILD: £8.25
JUNIORS (U 16): £4.45

ADULTS: £4.95
65+: £3.95
TOTS (U3): £2.00



Please note that during any Open, Family or Lane Swims a small portion of the pool may be in use for Swim Academy lessons. Please enquire at reception to join in Swim Lessons.

If you have children under the age of 8 years, please review our Under 8 admission policy before travelling to the pool.