

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



# SWIMMING POOL OPENING HOURS



## FEBRUARY 18TH

## FEBRUARY 24TH



### HALF TERM

#### MONDAY

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

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

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

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

FAMILY/OPEN SWIM with FUN N FLOATS: 9:00 - 12:00 pm

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 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 - 9:00 am; 12:00 - 1:30 pm; 9:00 - 10:00 pm (*2 lanes only 9:00 - 9:30 pm*)

DISTANCE BADGES (5 m to 400m): 9:00 - 9:30 am (*All Welcome! Please book at reception*)

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

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

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 pm

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/OPEN SWIM: 9:00 - 12:00 pm (*with Fun N Floats 10:30 - 12:00 pm*) (*Shallow End only 9:30 - 10:15*)

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

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 pm

SWIM/TRI ACADEMY: 4:00 - 6:00 pm & ACADEMY SWIM TEAM 8:00 - 9:00 pm

OPEN/FAMILY SWIM: 6:00 - 7:00 pm

DISTANCE BADGES (25 m to 1 mile): 7:00 pm (*All Welcome! Please book at reception*)

#### THURSDAY

ACADEMY SWIM TEAM: 6:00 - 7:00 am & 6:00 - 9:30 pm

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

FAMILY/OPEN SWIM: 9:00 - 12:00 pm (*with Fun N Floats 9:00 - 11:00 am*) (*Deep End Only 11:00 - 12:00 pm*)

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

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 pm

SWIM ACADEMY: 4:00 - 6:00 pm

COACHED LANE SWIM (MASTERS/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

DISTANCE BADGES (5 m to 400m): 9:00 - 9:30 am (*All Welcome! Please book at reception*)

FAMILY/OPEN SWIM: 9:30 - 12:00 pm (*with Fun N Floats 9:30 - 11:00 am*) (*Deep End Only 11:00 - 12:00 pm*)

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

OPEN SWIM with FUN N FLOATS: 1:30 - 4:00 pm

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

LANE SWIM (*Juniors welcome*): 7:00 - 9:00 pm

#### SATURDAY

ACADEMY SWIM TEAM: 7:00 - 8:30 am & 12:30 - 1:30 pm

COACHED LANE SWIM (MASTERS/SWIM TECHNIQUE): 7:30 - 8:30 am (*All Ages 16+ Welcome*)

SWIM & TRIATHLON ACADEMY: 8:30 - 12:30 pm

OPEN SWIM with FUN N FLOATS: 1:30 - 4:30 pm

LANE SWIM: 4:30 - 6:00 pm (*Juniors welcome*); DISTANCE BADGES (25 m to 1 mile): 5:00 pm

#### 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



If you have children under the age of 8 years, please review our Under 8 admission policy before travelling to the pool. Timetable subject to change. Please call 01278 785909 to confirm.