

# SWIMMING POOL TIMETABLE

	06.30 - 08.30	08.30-12.00			12.00-14.00	14.00-17.30		17.30-19.00	19.00-21.00	
Monday	Members Swimming	Members Swimming			Lunchtime Swim	Members Swimming		Adult Members	Members Swimming	
Tuesday	Members Swimming	08.30-09.00	St Georges		Lunchtime Swim	Members Swimming		Adult Members	Swimming Lessons	19.00-21.00
Wednesday	Members Swimming	08.30-10.15		Aquafit	Lunchtime Swim	Members Swimming		Adult Members	Survive & Save	19.00-21.00
Thursday	Members Swimming	08.30-12.00			Lunchtime Swim	Members Swimming		Adult Members	19.00-21.00	
Friday	Members Swimming	08.30-12.00			Lunchtime Swim	14.00-15.15	Swim Lessons *	Adult Members	18.30-21.00	
Saturday	08.00-09.00	Swimming Lessons			12.00-17.00			Adult Members		
Sunday	Lane Swimming		Family Swim Session		12.30-16.00		Private Hire	17.00-20.00		

 **Members Swimming**

Access to all Full Members Only (Juniors and Adults).

 **Members Swimming**

Access to all Members (Juniors, Adults and Senior Citizens)

 **Lunchtime Swim**

Access to all members (Juniors, Adults and Senior Citizens). Juniors must be accompanied in the pool hall by a Full Adult Member.

 **Adult Members**

Access to Full Adult Members Only (over 18's only). Junior and Senior Citizen Members must be out of the pool 15 minutes before the start of Adult Swim session. (Except Fridays - see below.)

 **Lane Swimming**

Lane swimming only (No rings or trapeze permitted at this time). Juniors must be accompanied by an adult and participating in lane swimming.

 **Private Hire**

Pool hall available for hire to members every Sunday. During private hire the poolside will be closed to all members.

 **Swimming Lessons**

Adult swim lessons on a Tuesday evening must be booked in advance through the Members Area on website.

\* Junior lessons in the pool on a Friday finish at 17.15 and those in the lessons will have access to the showers and the hot tub until 17.30.

 **St. Georges**


On Tuesdays, St Georges have full access to the pool hall. Sauna, steam room, and hot tub cannot be used during this time.

 **Aquafit**

Will have full pool access during the class. The sauna, steam room and hot tub will still be available.

 **Family Swim Session**

No lane swimming is allowed. Members must be accompanied by a Junior member.

 **Exiting the Building**

All Members are requested to have left the building by 21.15 weekdays and 20.15 weekends