

## ROKO Nottingham – Swimming Pool Timetable

<b>TIME</b>	<b>ACTIVITY</b>	<b>POOL</b>	<b>LEVEL</b>
<b>Monday</b>			
06.30-09.00	Adults only swimming	All	
09.00-12.00	Family swimming	All	
09.30-10.30	Pre-school lessons	Splash	Beginner
11.00-12.00	Aqua Babies/Toddlers(£)	Splash	All
12.00-13.00	Adults only swimming	All	
13.00-18.30	Family swimming	All	
14.00-14.45	Aqua Workout	Main	All
16.00-16.30	Junior lessons (5yrs+)	Splash	Beginner
16.30-17.00	Junior lessons (5yrs+)	Main	
17.00-18.30	Junior lessons (5yrs+)	Main	Various
18.30-23.00	Adults only swimming	All	
<b>Tuesday</b>			
06.30-09.00	Adults only swimming	All	
09.00-12.00	Family swimming	All	
09.30-10.00	Pre-School lessons (3-5yrs)	Splash	Beginner
10.00-10.30	Pre-school lessons (3-5yrs)	Splash	Improver
10.30-11.00	Pre-school lessons (3-5yrs)	Splash	Beginner
11.00-11.30	Aqua Babies(3-18months)(£)	Splash	All
12.00-13.00	Adults only swimming	All	
13.00-18.30	Family swimming	All	
16.00-17.30	Junior lessons (5yrs+)	Splash	Beginner
17.30-18.30	Junior lessons (5yrs+)	Main	Various
18.30-23.00	Adults only swimming	All	
19.00-19.45	Aqua Workout	Main	All
<b>Wednesday</b>			
06.30-09.00	Adults only swimming	All	
09.00-12.00	Family swimming	All	
12.00-13.00	Adults only swimming	All	
13.00-18.30	Family swimming	All	
14.00-14.45	Aqua Workout	Main	All
16.00-17.30	Junior lessons (5yrs+)	Splash	Beginner
16.00-17.30	Family splash session	Main	
18.30-23.00	Adults only swimming	All	
18.30-19.00	Adult lessons	Main	Beginner
19.00-19.45	Adult Lessons	Main	Advanced
<b>Thursday</b>			
06.30-09.00	Adults only swimming	All	
09.00-12.00	Family swimming	All	
12.00-13.00	Adults only swimming	All	
13.00-13.30	Pre-school lessons (3-5yrs)	Splash	Improver
13.30-14.00	Pre-school lessons (3-5yrs)	Splash	Beginner
14.00-15.00	Pre-school lessons (3-5yrs)	Splash	Beginner
13.00-18.30	Family swimming	All	
16.00-16.30	Junior lessons	Splash	Various
16.30-18.30	Junior lessons	Main	Various
18.30-23.00	Adults only swimming	All	
<b>Friday</b>			
06.30-09.00	Adults only swimming	All	
09.00-12.00	Family swimming	All	
10.45-11.30	Aqua Workout	Main	All
12.00-13.00	Adults only swimming	All	
13.00-18.30	Family swimming	All	
15.30-17.30	Pre-school lessons (3-5yrs)	Splash	Beginner
17.30-18.30	Junior lessons (5yrs+)	main	Various
18.30-21.30	Adults only swimming	All	

<b>TIME</b>	<b>ACTIVITY</b>	<b>POOL</b>	<b>LEVEL</b>
<b>Saturday</b>			
08.00-09.00	Adults only swimming	All	
09.00-12.00	Family swimming	All	
09.00-10.30	Junior lessons (5yrs+)	Main	Various
09.00-11.00	Junior lessons (5yrs +)	splash	
13.00-18.30	Family swimming	All	
14.00-16.00	Family Splash session	Main	
<b>Sunday</b>			
08.00-09.00	Adults only swimming	All	
09.00-12.00	Family swimming	All	
10.30-11.30	Children's Activities	Splash	All
13.00-18.30	Family swimming	All	
14.00-16.00	Family Splash	Splash	All
17.00-17.45	Aqua Workout	Main	All
18.30-20.30	Adults only swimming	All	

### **ADDITIONAL INFORMATION**

THE OUTDOOR POOL WILL BE OPEN DURING DAYLIGHT HOURS ONLY IN THE WINTER.

LIFEGUARDS WILL OPERATE DURING PEAK TIMES.

IF YOU NEED ASSISTANCE, PLEASE ASK FOR THE DUTY MANAGER.

### **ALSO PLEASE NOTE:**

WHEN THE TIMETABLE STATES THAT SWIMMING LESSONS ARE AVAILABLE IN THE SPLASH POOL, WE RESERVE THE RIGHT TO CLOSE THE SPLASH POOL DURING THESE TIMES TO AVOID OVER CROWDING