



## Pool Availability Sheet from Monday 8th April 2024

MAIN POOL SCHEDULE																																
Time	600	630	700	730	800	830	900	930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2200
MON														12.45-13.30								16.00 - 19.00				19.00-19.45						
TUE												11.45-12.30					14.00-15.00					16.00 - 19.00										
WED												11.45-12.30										16.00 - 18.30				19.00-20.00						
THU												11.45-12.30										16.00 - 18.30				Adult Lessons:18.45-19.45						
FRI									10.15-11.15			11.45-12.30					14.00-15.00					16.00 - 18.30										
SAT							08.00-12.00													15:00-16:00												
SUN							09.00 - 12.00						12-12.30							15:00-16:00												

**New - Swim Fit Lane!** This is a chance for anyone wanting to swim fast and practice drills to do so without having to apologise for the splashing!

**Aqua Fit** These sessions take place in lane 3 & 4. Lane 1 is still available during these sessions

**Puddle Ducks Aqua Fit (external)**

**Children's Swimming Lessons & Adult Lessons**

Children's Swimming Lessons & adult 1-1 sessions take place in lane 1, adult group lessons take place in lane 1 & 2 .

The other lanes are still available for swimming during Swimming lessons.

**ADULT ONLY SWIMMING** - Children's swim times are between 9am - 7pm each day

**A Local Cardiac group** use lane 3 in our pool during this time.

**Swim Doctor** - a session with a qualified swim teacher to help answer your questions, give hints/tips and general advice about swimming. Book via the Roko App!

**Water Fun!** Floats in the pool!

SPLASH POOL SCHEDULE																																
Time	600	630	700	730	800	830	900	930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2200
MON										9.30-11.30												15.45 - 18.45										
TUE										10.00-11.30												15.45 - 17.45										
WED																13:00-14:00						15.45 - 18.15										
THU											10.30 - 11.30											15.45 - 18.15										
FRI																12.30-14.30						15.45 - 17.45										
SAT							09.15-12.45													15:00-16:00												
SUN							09.45 - 12.15													15:00-16:00												

**Baby Swimmers** -please note these sessions only run during term time (external)

**Children's Swimming Lessons**

**Puddles Ducks Baby & Pre-School** -please note these sessions only run during term time (external)

**ADULT ONLY SWIMMING** - Children's swim times are between 9am - 7pm each day

**Water Fun!** Floats in the pool!