

Pool Programme - Step 3

Monday 17 May - Sunday 20 June

	6.00	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
M	Lanes 30 min slots	Lanes 30 min slots	Aqua Zumba 08.30 - 09.15	<p>Government Roadmap Step 3 - Monday 17 May - Sunday 20 June</p> <p>During this time there will be no daytime swimming during the school term.</p> <p>During the half term, we will be running Swim Bubbles from 9am - 12pm. Please book your space online or call us during our opening hours - 01458 251055</p> <p>FAST LANE - Fast pace swimmers must be able to continually swim lengths. In one 30-minute session the swimmer should comfortably be able to achieve 40+ lengths. This lane is for front crawl swimmers only.</p> <p>MEDIUM LANE - Medium pace swimmers should be able to swim lengths continually but with occasional breaks. In one 30-minute session the swimmer should be able to achieve between 20-40 lengths. This lane is for front crawl and breast stroke swimmers</p> <p>LEISURELY LANE - Leisure lanes are for the swimmers that consider their swimming to be slow and do not count lengths.</p>								Junior Lessons	Lanes 30 min slots	Swim Club Booking	Lanes 30 min slots	
T	Lanes 30 min slots											Junior Lessons	Lanes 18.00 - 18.30	Swim Club Booking		
W	Lanes 30 min slots		Aqua Zumba 08.30 - 09.15									Junior Lessons	Lanes 18.00 - 18.30	Aqua Fit 18.30 - 19.15	Lanes 30 min slots	
T	Lanes 30 min slots											Junior Lessons	Lanes 30 min slots	Swim Club Booking	Lanes 20.30 - 21.00	
F	Lanes 30 min slots											Junior Lessons	Lanes 30 min slots	Tri Training 19.00 - 20.00		
S		Lanes 30 min slots	Swim Bubble	Junior Lessons	Swim Bubble											
S	ALL SWIM SLOTS MUST BE PRE BOOKED AND PRE PAID OVER THE PHONE OR ONLINE BEFORE THE SESSION START TIME															

CENTRE OPENING TIMES

MONDAY	06:30 - 09:30 / 17:30 - 21:30
TUESDAY	06:30 - 08:30 / 17:30 - 21:30
WEDNESDAY	06:30 - 09:30 / 17:30 - 21:30
THURSDAY	06:30 - 08:30 / 17:30 - 21:30
FRIDAY	06:30 - 09:30 / 17:30 - 20:30
SATURDAY	08:00 - 13:00
SUNDAY	CLOSED

LANES

ALL SWIMMERS MUST ARRIVE SWIM READY

30 MINUTE SLOTS FOLLOWED BY 15 MINUTE CHANGING TIME

PLEASE PICK APPROPRIATE LANE

SWIM BUBBLE

EACH BUBBLE WILL BE ALLOCATED HALF OF THE POOL (LENGTHWAYS) AND 1 CHANGING ROOM

ALL SWIMMERS MUST ARRIVE SWIM READY

GOVERNMENT GUIDANCE ON BUBBLES APPLIES

PLEASE NOTE: Aqua Fit and Aqua Zumba sessions must be pre-booked and pre-paid in advance and all participants must arrive swim ready.

