

Pool Programme - Summer 2021

Monday 26 July - Sunday 5 September

	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		Aqua Zumba 08.30 - 09.15		Family Swim 10am / 11am	<p>Family Swim</p> <p>MUST BE PRE BOOKED AND PAID</p> <p>These sessions will be the new version of our Swim Bubbles. Each session has 4 bookable slots with up to 5 people in each slot.</p> <p>Parent to Child Ratio; 1 x Adult : 2 x Under 8's</p> <p>£20 per slot. Each slot lasts for 1 hour</p>					Junior Lessons	Lanes 30 min slots	Swim Club Booking	Lanes 30 min slots		
T		Lanes 30 min slots			Family Swim 10am / 11am	Junior Lessons						Lanes 18.00 - 18.30	Aquathlon Summer Series	Lanes 30 min slots			
W		Lanes 30 min slots		Aqua Zumba 08.30 - 09.15		Family Swim 10am / 11am						Junior Lessons	Lanes 18.00 - 18.30	Aqua Fit 18.30 - 19.15	Lanes 30 min slots		
T		Lanes 30 min slots			Family Swim 10am / 11am	Junior Lessons						Lanes 30 min slots	Ladies Tri Training	Lanes 20.30 - 21.00			
F		Lanes 30 min slots			Family Swim 10am / 11am	Junior Lessons						Lanes 30 min slots	Tri Training 19.00 - 19.45 / 19.45 - 20.30				
S			Lanes 30 min slots	Family Swim	Junior Lessons	Family Swim											
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 - 12:30 / 16:30 - 21:30
TUESDAY	06:30 - 12:30 / 16:30 - 21:30
WEDNESDAY	06:30 - 12:30 / 16:30 - 21:30
THURSDAY	06:30 - 12:30 / 16:30 - 21:30
FRIDAY	06:30 - 12:30 / 16:30 - 21:30
SATURDAY	08:00 - 13:00
SUNDAY	CLOSED

AQUATHLON SUMMER SERIES

Every Tuesday night for 6 weeks come and join us for 250m swim and a 5km run. Fun, social events with overall winners in week 6. Book your space today.

www.langporttriathlon.co.uk

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

JUNIOR LESSONS

30 minute swimming lessons, every week, following the Swim England programme.

Enquire today at reception

