

Pool programme



**DO YOUR BIT
SAVE PAPER**

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Main pool term time

6 am 7 am 8 am 9 am 10 am 11 am 12 noon 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm
 6.30 7.30 8.30 9.30 10.30 11.30 12.30 1.30 2.30 3.30 4.30 5.30 6.30 7.30 8.30 9.30 10.30

MON		Early Morning Swim	Schools			Toddler Splash	Swim Fit (2 lanes)	Lane Swim		Senior Swim	Swim School	General Swim	Club		Adult Swim
		Early Morning Swim	Swim School	Schools	General Swim	Lane Swim		General Swim	Senior Aqua Fit	Swim School		General Swim	Swim School	Adult Swim	
TUES		Early Morning Swim	Swim School		Schools	General Swim	Lane Swim		Swim School	Senior Aqua Fit	Swim School		General Swim	Swim School	Adult Swim
		Early Morning Swim	Swim School	General Swim		Lane Swim		Swim School	Swim School		General Swim	Swim School	Adult Swim		
WED		Early Morning Swim	Schools	Aqua Natal	General Swim	Lane Swim		Schools	Swim School	50+ Swimming Lessons	Swim School	General Swim	Clubs/ Disability Swimming Club	Adult Swim	
		Early Morning Swim		Aqua Natal	General Swim	Lane Swim			Swim School	General Swim		General Swim		Adult Swim	
THURS		Early Morning Swim	Swim School	Schools	Swim School	General Swim	Lane Swim		Schools	Senior Swim	Swim School		General Swim	Aqua Zumba	Adult Swim
		Early Morning Swim	Swim School		Swim School	General Swim	Lane Swim			Swim School	Senior Swim	Swim School	General Swim	Aqua Zumba	Adult Swim
FRI		Early Morning Swim	Schools	AquaFit	General Swim	Swim Fit (2 lanes)	Lane Swim		Schools	General Swim	Swim School	General Swim	Club		Adult Swim
		Early Morning Swim		AquaFit	General Swim	Swim Fit (2 lanes)	Lane Swim			Swim School	General Swim	Swim School	General Swim	Club	Adult Swim
SAT	Swim Club	Early Morning Swim	Swim School			General Swim		Family Splash		General Swim					
	Swim Club	Early Morning Swim	Swim School			General Swim		Family Splash		General Swim					
SUN		Staff Training (2 lanes)	General Swim	Family Splash	General Swim		Family Splash		General Swim		Club			Club (2 lanes)	Adult Swim
		Staff Training (2 lanes)			General Swim	Family Splash	General Swim		Family Splash		General Swim		Club		

Closed to public
 Public Swim
 Bookable Sessions



Main pool holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON		Early Morning Swim		General Swim	Family Splash		Swim Fit (2 lanes) Lane Swim		Senior Swim	Swim School	General Swim	Club	Adult Swim				
TUES		Early Morning Swim		Swim School General Swim	Family Splash		Lane Swim	Swim School	Senior Aqua Fit	Swim School	General Swim	Swim School	Adult Swim				
WED		Early Morning Swim		General Swim	Aqua Natal	Family Splash	Lane Swim	Swim School	50+ Swimming Lessons General Swim	Swim School	General Swim	Clubs/ Disability Swimming Club	Adult Swim				
THURS		Early Morning Swim		Swim School General Swim	Lane Swim	Swim School	Family Splash	Lane Swim	General Swim	Senior swim	Swim School	General Swim	Aqua Zumba	Adult Swim			
FRI		Early Morning Swim		General Swim	Aquafit	Family Splash	Swim Fit (2 lanes) Lane Swim		General Swim	Swim School	General Swim	Club	Adult Swim				
SAT		Swim Club	Early Morning Swim	Swim School	General Swim	Family Splash			General Swim								
SUN			Staff Training (2 lanes) Early Morning Swim	General Swim	Family Splash	General Swim	Family Splash	General Swim	Club (2 lanes) Adult Swim								

Closed to public
 Public Swim
 Bookable Sessions



Session Descriptions and Information

Adult Swimming – adults only with a minimum of one lane rope in each session. The sauna will also help make this a relaxing evening.

Aquafit – aerobics in the water.

Aquanatal – gentle session for expectant mothers.

Club – session closed to the public for club usage.

Early Morning Swim – this is for complete lane swimmers only.

Family Splash – this spot on session is for all the family. Toys and mats are available.

General Swim – open session for all users, a minimum of 1 lane rope in each session.

Private Hire – pool available to hire for any occasion. Please ask for further information.

Lane Swim – main pool open for lane swimming, minimum of 2 lanes available.

Schools – National Curriculum swimming lessons.

Senior Swim – a session specifically for older customers.

Staff Training – part or all of the pool will be closed for lifeguard training.

Swim School – offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

Swim Fit Sessions – an instructor led class designed to improve personal fitness whilst developing stroke technique.

Toddler Splash – this is a parent and toddler session. Play equipment is also available.

Water Polo – a fun, instructor led session that will use water polo to improve fitness.

1 to 1 Lessons – These will be conducted during public swimming sessions.

Admissions Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent.

Lifeguards

Lifeguards are on poolside to ensure your safety and enjoyment, please listen to their advice and follow all instructions that are given throughout the duration of your visit.

Weak and Non-swimmers

All weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other flotation aids are available to purchase at the centre.

Poolside

The use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment including mobile phones must not be used on the poolside, or in a spectator area. Outdoor shoes and pushchairs are not permitted on the poolside at any time.

Programme

Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.

Changing Village

Shoes are not permitted in the changing village, however blue over shoes are available at the entrance to the village.

RNID 'type talk'

Please call the facility dialling 018001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.
Visit: www.typetalk.org

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www.stokemandevillestadium.co.uk



Stoke Mandeville Stadium is managed by Leisure Connection Ltd on behalf of WheelPower.

