

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		50+/ Disability	General Swim		Lunchtime Lanes				General Swim			Swim Club		Adult Swim	
		Adult Swim School			Swim School		Stroke Technique	Schools		Swim School							
TUES		Early Morning Swim		General Swim		AquaFit	Lunchtime Lanes	General Swim	50+/ Disability	General Swim						Adult Swim	
								Schools	50+ Lessons	Swim School					Adult Swim School		
WED		Early Morning Swim		50+/ Disability	General Swim		Lunchtime Lane Swim		General Swim			Swim Club		AquaFit Shallow Water	Adult Swim		
		Adult Swim School			Schools			Schools	Swim School				AquaFit Deep Water	Adult Swim School			
THURS		Early Morning Swim		General Swim		AquaFit	Lunchtime Lane Swim		General Swim			General Swim	AquaFit	Swim Club	Adult Swim		
				Schools				Schools	Swim School			Deep Water Aqua Circuits					
FRI		Early Morning Swim		General Swim			Lunchtime Lane Swim		50+/ Disability	General Swim			Infantable 18.45 - 19.45	Adult Swim			
				Schools				50+ Lessons	Staff Training	Swim School				Adult Swim School			
SAT			Early Morning Swim		General Swim				Family Fun		General Swim						
				Swim School													
SUN			General Swim			Family Fun	General Swim	Family Fun		General Swim							

Closed to public
 Public Swim
 Bookable Sessions



Teaching 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	Closed to public			Disability swim	Toddler Splash				Swim School		General Swim		Swim School			Closed to public	
TUES	Closed to public			Toddler Splash	Swim School		General Swim		Toddler Splash			Swim School			Closed to public		
WED	Closed to public			Toddler Splash				Swim School	Swim School		General Swim		Swim School		Closed to public		
THURS	Closed to public			Toddler Splash	Swim School		General Swim				Swim School			Closed to public			
FRI	Closed to public			Toddler Splash				50+	General Swim		Swim School			Closed to public			
SAT	Closed to public		Swim School		Toddler Splash				Available for Private Hire					Closed to public			
SUN	Closed to public			General Swim		Toddler Splash				General Swim			Closed to public				
	Swim School																

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		50+/ Disability	Family Fun		Lunchtime Lane Swim		Family Fun		General Swim		Swim Club			Adult Swim	
							General Swim				NPLQ Course						
TUES		Early Morning Swim		Family Fun		Aquafit	Lunchtime Lane Swim		Family Fun		General Swim					Adult Swim	
							General Swim				NPLQ Course						
WED		Early Morning Swim		50+/ Disability	Family Fun		Lunchtime Lane Swim		General Swim				Swim Club		Aquafit Shallow Water	Adult Swim	
							General Swim		NPLQ Course						Aquafit Deep Water		
THURS		Early Morning Swim		Family Fun		Aquafit	Lunchtime Lane Swim		Family Fun		General Swim		Aquafit	Swim Club		Adult Swim	
							General Swim					Deep Water Aqua Circuits					
FRI		Early Morning Swim		General Swim			Lunchtime Lane Swim		50+/ Disability		General Swim		Inflatable 18.15 - 19.45		Adult Swim		
							General Swim			NPLQ Course							
SAT			Early Morning Swim	Family Fun						General Swim							
SUN				General Swim		Family Fun						Inflatable 17.15 - 18.45		General Swim			

Closed to public
 Public Swim
 Bookable Sessions

Teaching 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		50+/ Disability Swim	Toddler Splash				General Swim				
TUES		Toddler Splash						General Swim			
WED		Toddler Splash									
THURS		Toddler Splash	General Swim		General Swim						
	NPLQ Course										
FRI		Toddler Splash				50+/ Disability Swim	General Swim				
SAT		General Swim		Toddler Splash				Available for Private Hire			
SUN		General Swim		Toddler Splash							

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 Public Swim
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Session Descriptions and Information

50+ – an exclusive session for the 50+, a gentle and relaxing session for the young at heart.

AquaFit – a water based exercise programme to music suitable for all abilities and fitness levels. You do not need to be able to swim but should be reasonably confident in the water.

Clubs – session closed to the public for club usage.

Disability Swim – for those who need a specialist session for rehabilitation or enjoyment, (for those with special needs).

Early Morning Swim – get up and get going with a swim first thing in the morning.

Family Fun – an open session for the whole family to enjoy, with floats available.

General Swim – times when the pool is available for everyone to enjoy. During all general swim sessions in the main pool up to 2 lanes will be available.

Inflatable Session – fun for children over 8 years with large pool inflatable.

Lunchtime Lane Swim – half pool laned for fitness swimmers, rest of pool available for general swimming.

Private Hire – available for parties, galas and community use.

Schools – National Curriculum swimming lessons.

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

Stroke Technique – learn how to make your stroke more efficient to get the most out of your swim workout..

Swim School – we offer a step by step approach to learning to swim with fully qualified teachers and a motivational award scheme. Ask at reception for more information. We also offer week long lessons during our holiday programme for selected courses.

Toddler Splash – an ideal opportunity for parents to bring their children for a swim, meet other parents, let the children make new friends and have fun playing with the equipment provided.

Admissions Policy

In the interest of safety one adult (person over the age of 18 years) may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.

Bag Policy

Please do not take bags onto poolside, except for drawstring or plastic carrier bags.

Changing Village

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

Lifeguards

Lifeguards are on the 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.

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.

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.

Please note ALL children under the age of 3 are required to wear a swim nappy in the pool.

**Riverside Leisure
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