

# Holiday pool programme



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# Main pool holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	10.30
<b>MON</b>			Adult Only	General Swim	General Swim	Floats	General Swim*	Adult Swim (lanes)	Floats	General Swim		S.L.C.S.C.	Adults Only/Aquaffit	Adults Only/Aquaffit	Adult Swim (lanes)			
			Swimfit	Aquaffit								General Swim						
<b>TUES</b>			Adult Only	General Swim	General Swim	Floats	General Swim*	Adult Swim (lanes)	Floats	General Swim	General Swim	Swim School	Spalding Amateur Swimming Club (not during August)		Water Polo			
			Swimfit															
<b>WED</b>			Adult Only	General Swim	General Swim	Floats	General Swim*	Adult Swim (lanes)	Floats	General Swim	General Swim	Swim School	General Swim	General Swim	Adults Only/Aquaffit	Adult Swim (lanes)		
			Swimfit										Swimfit					
<b>THURS</b>			Adult Only	General Swim	General Swim	Floats	General Swim*	Adult Swim (lanes)	Floats	General Swim	General Swim	Swim School	General Swim	Disabled Club	Adult Swim (lanes)			
			Swimfit	Aquaffit											S.L.C.S.C.			
<b>FRI</b>			Adult Only	General Swim	General Swim	Floats	General Swim*	Adult Swim (lanes)	Floats	Aqua Natal*	Swim School	Swim School	S.L.C.S.C.		General Swim	Adult Swim (lanes)	Sub Aqua	
			Swimfit							General Swim						Adult Swim		
<b>SAT</b>			S.L.C.S.C.		General Swim	Floats	General Swim	General Swim	Floats	General Swim	General Swim	Adult Swim (lanes)	S.L.C.S.C.		S.L.C.S.C.			
<b>SUN</b>			Sunrisers Swim (lanes)		General Swim		General Swim	General Swim			Adult Swim (lanes)	Adult Swim (lanes)	S.L.C.S.C.		S.L.C.S.C.			

\*Session cleared at the end

Closed to public
  Public Swim
  Bookable Sessions

# Teaching pool holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
MON					General/ Family Swim*	General/ Family Swim*	Aqua Therapy	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Adults Only Swim			
TUES					General/ Family Swim*	General/ Family Swim*	Adult and Under 8s	General Swim	General Swim	General Swim	Swim School	Swim School	Swim School	Spalding Amateur Swim Club*			
WED					General/ Family Swim*	General/ Family Swim*	Adult and Under 8s	General Swim	General Swim	General Swim	Swim School	Swim School	Swim School	General Swim			
THURS					General/ Family Swim*	General/ Family Swim*	Adult and Under 8s	General Swim	General Swim	General Swim	Swim School	Swim School	Swim School	Disabled Club	S.L.C.S.C.		
FRI					General/ Family Swim*	General/ Family Swim*	Adult and Under 8s	General Swim	General Swim	General Swim	Swim School	Swim School	Swim School	General Swim			
SAT				Swim School	General Swim*	General Swim*	Adult and Under 8s	General Swim*	General Swim*	General Swim*	General Swim*	General Swim*	General Swim*	S.L.C.S.C.			
SUN					General Swim*	General Swim*	Adult and Under 8s	General Swim*	General Swim*	General Swim*	General Swim*	General Swim*	General Swim*	S.L.C.S.C.			

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# Session Descriptions and Information

**Adult Swim** - adults only with a minimum of one lane rope in each session.

**Aquafit** - a safe enjoyable way to exercise to music in water.

**Aqua Natal** - a gentle class suitable for expectant mums taken by a nurse.

**Aqua Therapy** - suitable for the older exerciser in shallow water. Non swimmers welcome. Ideal for those who are less able.

**Deep Water Workout** - deep water energy workout, working on stamina, suppleness and strengthening.

**Disabled Club** - open session for users with disabilities.

**Diving** - sessions now available Saturday 14.30-15.30 and Sunday 11.00-12.00 (subject to staffing).

**Family Swim & Floats** - the Castle Pool is a fantastic place for kids to let off steam! We offer inflatables and fun during many sessions and unlike many family activities swimming does not have to break the bank!

**General Swim** - a general swim session for all users.

**Pool Parties** - we now offer Pool Parties for children aged 5 years +. Pick up a Party Animals brochure for details.

**Sauna** - what better way is there to unwind than taking a relaxing sauna in our health suite?

**Schools** - National Curriculum swimming lessons.

**S.L.C.S.C.** - South Lincs Swimming Club members only.

**Spalding Amateur Swimming Club** - swimming club members only.

**Sunrisers** - start the day the sunrises way! We now offer laned swimming every weekday morning from 07.30 - 09.30 (term time). For the Sunday riser there is laned swimming from 07.30 - 09.00.

**Swim School** - the Castle Pool now runs a comprehensive range of lessons with professional swimming instruction for children and adults. Pick up our Swim School literature for more details.

**Swim Fit** - an energetic class with an instructor for the more advanced swimmer, working on stamina and speed.

**Adult and Under 8s** - This session is designed for those that want a quieter session and is aimed at adults with under 8s and their siblings, ratios apply 1 adult to 2 children (under 8), older siblings will be allowed to use the pool however they must be accompanied by the adult at all times.

## 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.

## 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. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the lifeguard prior to participation.

## 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 floatation 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 must not be used on the poolside. Outdoor shoes and push chairs are not permitted on 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.

Opening Hours	Centre	Sauna
Monday	07.30 - 22.00	07.30 - 22.00
Tuesday	07.30 - 22.00	07.30 - 18.00
Wednesday	07.30 - 22.00	07.30 - 22.00
Thursday	07.30 - 22.00	10.00 - 21.00
Friday	07.30 - 22.00	07.30 - 21.00
Saturday	09.00 - 17.30	09.00 - 17.30
Sunday	07.30 - 17.00	07.30 - 16.30

**Castle Swimming Pool**  
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