

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			General Swim		Schools		Adult Swim (Lanes)	General Swim				S.L.C.S.C			Adults Only Aqua	Adults Swim (Lanes)	
								Schools	Aqua			Family Swim					
TUES			General Swim		Schools		Adult Swim (Lanes)	General Swim				Swim School	Spalding Amateur Swimming Club			Water Polo	
								Schools									
WED			General Swim		Schools		Adult Swim (Lanes)			Aqua		Swim School	General & Family Swim		Adults Only Aqua	Adults Swim (Lanes)	
									General Swim				Swim Fit				
THURS			General Swim		Schools		Adult Swim (Lanes)		Swim School	Aqua		Swim School	General Swim	Disabled Club		Adults Swim (Lanes)	
									General Swim					S.L.C.S.C	S.L.C.S.C		
FRI			General Swim		Schools		Adult Swim (Lanes)	Aqua Natal				Swim School	S.L.C.S.C				Sub Aqua
									General Swim				General Swim		Adults Swim		
SAT			S.L.C.S.C	Adults Swim (Lanes)	General Swim	Floats	General Swim	Floats	Family Swim			Adults Swim (Lanes)	S.L.C.S.C				
SUN			Sunrisers Swim (Lanes)		General Swim & Family Swim							Adults Swim (Lanes)	S.L.C.S.C				

Closed to public
 Public Swim
 Bookable Sessions



Learner 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			Schools			Aqua Therapy	General Swim & Family Swim						Adults Swim	Closed to public		
TUES	Closed to public			Schools			Swim School	Schools		General Swim		Swim School	Spalding Amateur Swimming Club				
WED	Closed to public			Schools			General Swim				Swim School	Family Swim					
THURS	Closed to public			Schools			General Swim				Swim School	Disabled Club	S.L.C.S.C	Closed to public			
FRI	Closed to public			Schools			Swim School	General Swim			Swim School	Family Swim					
SAT	Closed to public		Swim School			General Swim & Family Swim						S.L.C.S.C			Closed to public		
SUN	Closed to public			General Swim & Family Swim								S.L.C.S.C				Closed to public	

Closed to public
 Public Swim
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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.

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	07.30 - 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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