

# Pool programme



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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	
<b>MON</b>		Early Morning Swim			Aquacise	Swim School		General Swim		Senior Swim	Family Fun Swim	Swim School		Family Fun Swim		Adults Swimming		
							Lane Swimming		Lane Swimming					Swim School	Lane Swimming			
<b>TUES</b>		Early Morning Swim			Schools		Disability Swim	General Swim			Swim School			Aquafit	Swim School (2 lanes)		Adults Swimming	
								Lane Swimming								Scuba		
<b>WED</b>		Early Morning Swim			Swim School	Schools		Family Fun Swim	General Swim			Swim School		Adults Swimming*				
							Lane Swimming		Lane Swimming									
<b>THURS</b>		Early Morning Swim			Swim School		Schools	General Swim			Swim School		Family Fun Swim	Aquafit	Adults Swimming			
								Lane Swimming				Lane Swimming						
<b>FRI</b>		Early Morning Swim			Aquafit	Aquacise 50+	Schools	General Swim		Senior Swim	Family Fun Swim	Swim School		Set Up	Pool Inflatable	Adults Swimming		
								Lane Swimming			Lane Swimming				Family Fun Swim			
<b>SAT</b>		Swim School					Swim School	Set Up	Pool Inflatable		Parties		Adults Swimming	Hire our pool for only £100 per hour including the use of the spa, sauna and steam room.				
		Early Morning Swim					Lane Swimming		Family Fun Swim		Lane Swimming							
<b>SUN</b>		Swim School		Private Swimming lesson (1 lane)		Set Up	Pool Inflatable		Family Fun Swim		Adults Swimming		Staff Training					
		Early Morning Swim			Lane Swimming (3 lanes)		Family Fun Swim		Lane Swimming									

Closed to public
  Public Swim
  Bookable Sessions

\* Staff training once per month 20.00 – 22.00



# 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			Adult & Child		Swim School	General Swim	Swim School	Family Fun Swim	Swim School			Family Fun Swim	Closed to public			
TUES	Closed to public			Swim School	Schools	Disability Swim	General Swim			Swim School			Closed to public				
WED	Closed to public			Schoools		Family Fun Swim	General Swim			Swim School			Closed to public				
THURS	Closed to public			Swim School		Schools	General Swim			Swim School	Family Fun Swim		Closed to public				
FRI	Closed to public			Adult & Child		Schools	General Swim	Swim School	Family Fun Swim	Swim School		Family Fun Swim		Closed to public			
SAT	Closed to public		Swim School				Family Fun Swim						Closed to public				
SUN	Closed to public		Swim School		Family Fun Swim										Closed to public		

Closed to public
  Public Swim
  Bookable Sessions

# Session Descriptions and Information

**Adult & Child** - teaching pool only. This session allows parents to bring their children to play in the shallow pool.

**Aquafit** - aerobics in the water.

**Aquacise** - a gentle exercise class in the water for pre and post natal ladies. We advise all ladies to check with their medical adviser before embarking on an exercise programme. This is also recommended for anyone on GP referral or in rehabilitation after injury.

**Adult Swimming** - adults only with a minimum of one lane rope in each session (16+ years).

**Disability Swim** - a session dedicated to disability swimmers.

**Early Morning Swim** - be an early bird and make a splashing start to the day. This session is for customers aged 16 and over.

**Family Fun Swim** - fun swimming for all the family.

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

**Lane Swimming** - for those who want to swim lengths, this allows you to do just that but safely. 3 lanes available unless stated on programme.

**Parties** - 1/2 pool available to hire for children's parties. Children must be over the age of 8. Can be booked at reception.

**Pool inflatable** - inflatable obstacle course running from the shallow end into the deep-end. Children must be over the age of 8 and be 1.1m tall.

**Private Hire** - available for parties, galas and community use.

**Schools** - National Curriculum swimming lessons.

**Senior Swim** - a session specifically for older customers (50+ years).

**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.

## 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 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.

## Changing Village

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

## Term Time

Monday to Friday		
Peak	06.30 - 09.30	16.30 - 22.30
Off Peak	09.30 - 16.30	
Weekends		
Peak	07.00 - 17.00	
Off Peak	17.00 - 19.30	

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