



(Okehampton)
Parklands Leisure Centre

Pool programme



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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			Sunriser Morning Swim	Toddler Splash General Swim - Deep End only	Aquaffit	Schools	Lunchtime Lane Swim		Schools	Disability Swim	Swim School	General Swim	Club Hire	Swim Club		Adult Swimming	
TUES		Sunriser Morning Swim		Women Only Swim	Senior Swim	General Swim	Lunchtime Lane Swim	Toddler Splash	General Swim	Swim School		Aquaffit	Women Only Swim	Swim Club	Adult Swimming		
WED		Sunriser Morning Swim	Swim School	General Swim	General Swim	Schools	Lunchtime Lane Swim	Fit As A Fish	Senior Swim	General Swim	Swim School		General Swim	Swim Club			
THURS		Sunriser Morning Swim	Senior Swim	Aquaffit	Toddler Splash General Swim - Deep End only	Lunchtime Lane Swim	Swim 4 Fitness Club	Swim 4 Fitness	Disability Swim	General Swim	Swim School		General Swim	Aquaffit Adult Swim School	Adult Lanes		
FRI		Sunriser Morning Swim	General Swim	Schools	Senior Swim	Lunchtime Lane Swim		Schools	General Swim	Swim School	Family Fun Swim	Swim Club		Adult Lanes			
SAT				Swim School			General Swim	Family Fun Swim			Private Hire						
SUN					Adult Lanes	Family Fun Swim		General Swim				Swim Club	Club Hire				

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	Closed to public		Sunriser Morning Swim	Toddler Splash	Aquafit	Family Fun Swim		Lunchtime Lane Swim	Kids Fun Session	Disability Fun Swim	Swim School	Family Fun Swim		General Swim			Adult Swimming
TUES	Closed to public		Sunriser Morning Swim	Women Only Swim	Senior Swim	Family Fun Swim		Lunchtime Lane Swim	Kids Fun Session	Family Fun Swim	Swim School		Aquafit	Women Only Swim	Swim Club Lane Swimming	Adult Swimming	
	Closed to public		Swim School														
WED	Closed to public		Sunriser Morning Swim	General Swim	Toddler Splash	Family Fun Swim		Senior Swim	Kids Fun Session	Family Fun Swim	Swim School		Family Fun Swim	General Swim			
	Closed to public		Swim School														
THURS	Closed to public		Sunriser Morning Swim	Senior Swim	Aquafit	Family Fun Swim		Swim 4 Fitness	Kids Fun Session	Disability Fun Swim	Swim School		Family Fun Swim	Aquafit	Adult Lanes		
	Closed to public		Swim School				Lunchtime Lane Swim						Adult Swim School				
FRI	Closed to public		Sunriser Morning Swim	General Swim	Senior Swim	Family Fun Swim		Lunchtime Lane Swim	Kids Fun Session	Family Fun Swim	Swim School	Family Fun Swim		General Swim	Adult Lanes		
SAT	Closed to public			Swim School			General Swim	Family Fun Swim			Private Hire						
SUN	Closed to public				Adult Lanes	Family Fun Swim		General Swim					Club Hire	Closed to public			

Closed to public
 Public Swim
 Bookable Sessions

Please note, swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.

Session Descriptions and Information

Adult/Lunchtime/Lane Swimming – people capable of swimming lengths, competently.

Adult Swimming – adults only with a minimum of one lane rope in each session.

AquaFit – aerobics in the water.

Disability Swim – a safe and relaxing session for disabled persons to enjoy the pool.

Family Fun Swim – fun swimming for all the family incorporating floats and inflatables (not available in all sites).

Fit As a Fish – Session with qualified instructor. Enjoy gentle exercise, build on fitness & confidence in a friendly relaxed atmosphere with a tea or coffee included.

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

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

Schools – National Curriculum swimming lessons.

Senior Swim – a session specifically for older customers (over 50s).

Sunriser Morning Swim – for those early birds who like an early morning swim.

Swim 4 Fitness – a great session for using the pool to stay fit and healthy. A choice of session programmes are available should you wish to gain more from your swim. Choose from the following – Calm, Tone, Fitness or Performance. Session cards are available from the poolside Swim 4 Fitness stand. It is advisable to book this session at reception.

Swim 4 Fitness Club – Session available to hire for Swim 4 Fitness.

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

Swim Club – session closed to the public for club usage.

Toddler Splash – Session for children with pre-school children, ideal for having fun and developing water confidence.

Women Only Swim – a swim session for women.

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.

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 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 overshoes are available for free.

Bank Holidays

Opening times for the centre on these days will be 09.00–17.00. The pool programme will operate as a normal Sunday programme. There will not be any Group Exercise classes on these days. Final entry for the pool is half an hour prior to closing.

Opening Times

Mon	8am-10pm
Tues	7am-10pm
Wed	7am-9pm
Thurs	7am-9pm
Fri	8am-9pm
Sat	9am-4pm
Sun	10am-7pm

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