

Holiday pool programme



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SAVE PAPER**

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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		S4F*	Lane Swim	General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Swim Club			
				Swim School	Diving	Lane Swim		Zooms	Diving	Zooms	General Swim						
TUES		S4F*	Lane Swim	General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Swim Club		Swim School	Staff Training
				Swim School	Diving	Lane Swim		Zooms	Diving	Zooms	General Swim						Adult Lane Swim
WED		S4F*	Lane Swim	General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Ladies Only Lane Swim	AquaFit & Ladies Only Lane Swim	Sub Aqua	
				Swim School	Diving	Lane Swim		Zooms	Diving	Zooms	General Swim						
THURS		S4F*	Lane Swim	General Swim					General Swim	Lane Swim	Swim School			Swim Club	Octopush Club	Swim School	
				Swim School	Diving	Lane Swim		Zooms	Diving	Zooms	General Swim			Lane Swim	Staff Training	Adult Lane Swim	
FRI		Lane Swim		General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Family Fun Time	Diving Club	Diving & Life Saving Club	
				Swim School	Diving	Lane Swim		Zooms	Diving	Zooms	General Swim						
SAT		Lane Swim	Swim School		Salmon Club		Lane Swim	General Swim				Lane Swim	Party Animals & Private Hire				
				General Swim				Diving		Zooms							
SUN		General Swim			Lane Swim					Adult Lane Swim		Swim Club			Octopush Club		
			Lane Swim		Diving		Zooms		Lane Swim								

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.



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	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash			Swim School		Swim Club				
TUES	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash			Swim School						
WED	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash			Swim School						
THURS	Closed to public		Swim School		Toddler Splash			Swim School	Toddler Splash		Swim School						
FRI	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash			Swim School						
SAT	Closed to public		Swim School			Salmon Club		Toddler Splash			Party Animals & Private Hire		Closed to public				
SUN	Closed to public			Toddler Splash									Party Animals & Private Hire				

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

Session Descriptions and Information

Aquafit – aerobics in the water.

Clubs – session closed to the public for club usage.

Diving – 3 diving boards available, 1m, 3m and 5m. No non-swimmers or under 5's.

Family Swim – family swim session in the main pool. Play equipment also available.

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

Inflatables – Giant inflatable island for under 16's. No non-swimmers or under 8's.

Lane Swim – Main pool open for lane swimming only.

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

Schools – national curriculum swimming lessons.

Senior Swim – a session specifically for older customers.

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

Swim4Fitness – is a laned session aimed at serious swimmers with programme cards supplied if needed.

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

Toddler Splash – this is a parent and toddler session in the learner pool. Play equipment also available.

Women Only Swim – a swim session for women.

Zooms – 2 water slides, one long, pitch black and slow, the other short, light and fast. No non-swimmers or under 5s. (Extra charge).

Important Information – during the Christmas holidays courses will not run and will be replaced with general swim.

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.

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Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

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