



Pool Holiday Timetable

Main Pool		Tuesday	
Monday		7.00 - 9.00am	Lane Swimming
7.00 - 9.00	Lane Swimming	9.00 - 10.00am	50+ Swimming
9.00 - 10.00	50+ Swimming	10.00 - 8.00pm	General public
10.00 - 6.00	General public	8.00 - 9.00pm	Mixed Aqua Fit
6.00 - 7.00	Aqual Natal	9.00 - 10.00pm	Swim 4 Fitness
9.00 - 10.00	Swim 4 Fitness		

Wednesday		Thursday	
7.00 - 9.00	Lane Swimming	7.00 - 9.00	Lane Swimming
9.00 - 10.00	50+ Swimming	9.00 - 10.00	50+ Swimming
10.00 - 6.00	General public	10.00 - 8.00	General public
8.00 - 9.00	Lane Swimming	8.00 - 9.00	Mixed Aqua Fit
9.00 - 10.00	Swim 4 Fitness	9.00 - 10.00	Lane Swimming

Friday		Saturday	
7.00 - 9.00am	Lane Swimming	10.00 - 12.00	Wet and Wild
9.00 - 10.00am	50+ Swimming	12.00 - 7.00*	General public
10.00 - 9.00pm	General public	7.00 - 9.00	Available for Private hire
9.00 - 10.00pm	Lane Swimming		
		Sunday	
		10.00 - 5.00	General public
		5.00 - 7.00*	Wet & Wild
		7.00 - 9.00	Available for Private hire

TEACHING POOL					
Monday		Thursday		Saturday	
9.00 - 10.00	50+ Swimming	9.00 - 10.00	Classic Aqua Fit	10.00 - 12.00	Wet and Wild
11.00 - 9.00	Open to the public	10.00 - 9.00	General public	12.00 - 7.00*	General public
				7.00 - 9.00	Available for
				Private hire	
Tuesday		Friday		Sunday	
9.00 - 10.00	Classic Aqua Fit	9.00 - 10.00	50+	10.00 - 6.00	General public
10.00 - 9.00	General public	10.00 - 11.00	Parent & Toddler	6.00 - 7.00*	Wet & Wild
		11.00 - 9.00	Open to the public	7.00 - 9.00	Available for
				Private Hire	
Wednesday					
9.00 - 10.00	50+ Swimming				
10.00 - 9.00	Open to the public				

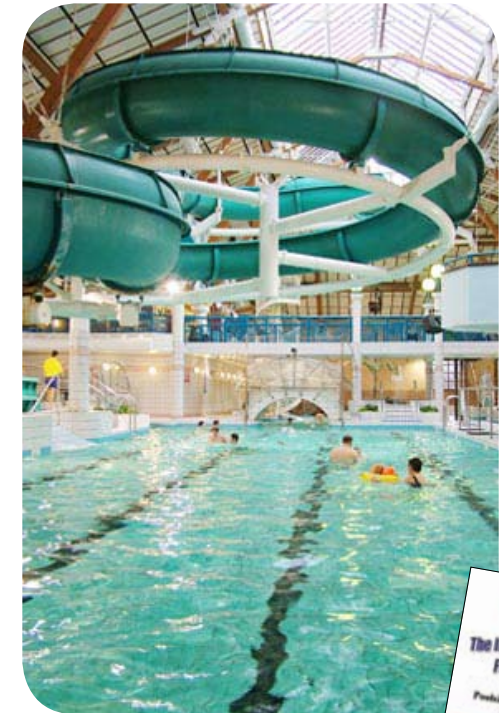
*Early closing on some weekends. Private hires available. Please enquire.

Swimming Sessions

Lane Swim	Lane Swimming, 16yrs +.
Swim 4 Fitness	Lane swimming, Instructor available, 16yrs +.
Aqua Fit Natal	Fun exercise for mothers to be - sessions run by midwives.
Mixed Aqua Fit	Exercise in the water to music.
Classic Aqua Fit	Exercise in the water with music.
Parents & Toddler	An instructor led introduction to the water.
Wet & Wild	Family fun session, rings and rafts during general swimming.
50+	A social general swimming session.
Private Hire	Exclusive use of the pool and features for you and your group.

Swimming Fees

Value Family Swim*	£15.50
Adult Swim	£4.60
Concessionary Swim**	£3.40
Under 3yrs	Free
Disabled carer	Free
Parents & Toddler	£3.40
Swim 4 Fitness	£3.05
Lanes	£3.05
Aqua Fit	£4.25
Aqua Natal	£3.25
50+ Swim	£2.60



Holiday Timetable

27/10/08 - 26/10/08
22/12/08 - 02/01/09

Children under 8 years must be accompanied by an adult on a 2:1 basis.
First time visitors are advised to read our pool information leaflet.
* 2 Adults + 2/3 Juniors or 1 Adult + 4 Juniors
** Concessionary includes: Junior, Senior Citizen, Disabled, Student.

