

Autumn Swimming Timetable



Monday	Lane Swim 7:00 - 9:00	Disabled & Adult Only Swim 9:15 - 10:30	Parent & Toddler Class 10:45 - 11:30	Public Swim 12:00 - 13:15	Pool Unavailable 13:30 - 14:30	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45	^ Adult Men Only 20:00 - 20:45
Tuesday	Lane Swim 7:00 - 9:00	Women Only Swim * 9:15 - 10:00	Women Only Lane Swim *** 10:00 - 10:45	50+ Swim 11:00 - 12:00	Public Swim 12:15 - 13:15	Pool Unavailable 13:25 - 15:00	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45
Wednesday	Lane Swim 7:00 - 9:00	Parent & Toddler Class 9:30 - 10:15	Women Only Swim Lesson 10:30 - 11:00	Women Only Aqua Class 11:00 - 11:45	Public Swim 12:00 - 13:15	Pool Unavailable 13:30 - 14:30	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45
Thursday	Lane Swim 7:00 - 9:00	Parent & Toddler Class 9:30 - 10:15	Disabled & Adult Only Swim 10:45 - 12:00	Public Swim 12:15 - 13:15	Parent & Toddler Class 13:30 - 14:15	Pool Unavailable 14:15 - 15:00	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45
Friday	Lane Swim 7:00 - 8:50	Women Only Swim * 09:05 - 9:50	Women Only Swim ** 09:50 - 10:35	Women Only Aqua Class 10:45 - 11:30	Pool Unavailable 11:30 - 13:25	Pool Unavailable 13:25 - 15:00	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45
Saturday	Lane Swim 7:00 - 8:55	Children's Swimming Lessons Pool Unavailable 9:00 - 16:00						Parent & Toddler Class 16:00 - 16:45	
Sunday		Disabled & Adult Only Swim 9:00 - 10:00	Family and Public Swim 10:00 - 12:00	Women Only Swim * 12:30 - 13:15	Women Only Swim ** 13:30 - 14:15				

One adult to one child under five years old. One adult to two children under 8 years old.
Non-swimmers between the ages of 8-10 must be accompanied by an adult.

Tel: 0114 270 2040

*Women and girls (boys 5 years and under)
 **Women and girls (over 16 years old)
 ***Lane Swim with two lanes, for women and girls over 16 years. You must be able to swim lengths of the pool to attend this session

^ Adult Men Only session: Strictly over 18's only, for swimming up and down or gentle exercise in a calm and controlled environment.