

SUMMER HOLIDAY POOL PROGRAMME

Monday 26th July Sunday 15th August 2010



Main Pool Programme

MON 26TH 2ND 9TH	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	11.00 - 12.00 3 Lane Swim & casual	12.00 - 14.00 4 Lane Swim & double slow lane	14.00 - 15.00 Over 55's course (ONLY 26TH)	16.00 - 17.30 Swim School	17.30 - 18.30 6 lane swim	19.00 - 20.30 Adult Swim School	20.30 - 21.30 Fitness Swimming	
						14.00 - 16.00 NPLQ (ONLY 26TH)		18.30 - 19.00 5 lane swim			
						14.00 - 15.00 Casual Swim (2nd and 9th)		18.30 - 19.00 1 Lane Swim School			19.00 - 20.30 4 lane swim & double slow lane
TUE 27TH 3RD 10TH	06.30 - 07.00 Members	07.00 - 09.00 3 Lane Swim & casual	09.00 - 10.30 Crash Course	11.05 - 11.50 AquaFit	12.00 - 14.30 3 Lane Swim & casual	14.30 - 15.30 Senior Swim 2 lanes and casual	16.00 - 17.30 Swim School	17.30 - 19.00 6 Lane Swim	19.15 - 20.00 AquaFit	20.00 - 21.00 4 Lane Swim	
					14.00 - 16.00 NPLQ (ONLY 27TH)					20.00 - 21.00 Disport	
WED 28TH 4TH 11TH	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	11.00 - 12.00 3 Lane Swim & casual	12.00 - 14.00 4 Lane Swim & double slow lane	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Swim School	17.30 - 19.00 6 lane swim	19.00 - 20.00 4 lane swim & double slow lane	20.00 - 21.00 4 Lane Swim & double slow lane	
						14.00 - 16.00 NPLQ (ONLY 28TH)					19.00 - 20.00 2 lanes Swim School
THUR 29TH 5TH 12TH	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	10.30 - 11.45 Fun inflatable & casual swim	12.00 - 14.00 3 Lane Swim & casual	14.00 - 14.45 Easy AquaFit	14.45 - 16.00 NPLQ (ONLY 29TH)	16.00 - 17.30 Swim School	17.30 - 19.00 6 lane swim	19.15 - 20.00 AquaFit (Ladies only)	20.00 - 21.00 3 Lane swim & casual (Ladies only)
FRI 30TH 6TH 13TH	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	10.30 - 12.00 3 Lane Swim & casual	12.00 - 14.00 4 Lane Swim & double slow lane	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Swim School	17.30 - 21.00 3 Lane Swim & casual			
						14.00 - 16.00 NPLQ (ONLY 30TH)					
SAT 31ST 7TH 14TH		08.00 - 09.00 4 lane swim & double slow	09.00 - 13.00 Swim School		13.00 - 14.30 3 Lane Swim & casual	14.45 - 16.45 *(see below)		16.45 - 18.00 NPLQ			
SUN 1ST 8TH 15TH		08.00 - 10.00 4 Lane Swimming & double slow lane	10.00 - 12.00 Fun Swim with Play Rafts		12.00 - 13.30 3 Lane Swim & casual	13.30 - 15.45 Fun Swim with Play Rafts	16.00 - 17.30 Swim School	17.30 - 19.00 3 Lane Swim & casual			
						13.30 - 15.45 NPLQ					

* Saturday 31st July - 14.45 - 16.45 = Obstacle Course

* Saturday 7th August - 14.45 - 16.45 = Fun Swim with Play Rafts

* Saturday 14th August - 15.00 - 16.30 = Swim School Pool Party - bookable in advance at reception

Teaching Pool Programme

MON 26TH 2ND 9TH	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	11.00 - 12.00 Casual Swim	12.00 - 13.30 Little Splashers		13.30 - 15.00 Swim School	16.00 - 19.00 Swim School	19.00 - 21.00 Adult Swim School	
TUES 27TH 3RD 10TH	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Swim School	12.00 - 13.30 Little Splashers	13.30 - 14.30 Swim School	14.30 - 15.30 Senior Swim	16.00 - 19.00 Swim School	19.00 - 20.00 Casual Swim	20.00 - 21.00 Disport
WED 28TH 4TH 11TH	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Swim School	12.00 - 13.30 Little Splashers		13.30 - 15.00 Swim School		16.00 - 19.00 Swim School	19.00 - 21.00 Adult Swim School
THUR 29TH 5TH 12TH	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Casual Swim	12.00 - 13.00 Little Splashers		13.00 - 14.30 Swim School	14.45 - 16.00 NPLQ	16.00 - 19.00 Swim School	19.00 - 21.00 Ladies Only
FRI 30TH 6TH 13TH	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Swim School	12.00 - 13.30 Little Splashers		13.30 - 14.00 Swim School	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 19.00 Swim School	19.00 - 21.00 Casual Swim
SAT 31ST 7TH 14TH		08.00 - 10.30 Casual Swim		10.30 - 13.30 Dolphin Swim School		13.30 - 14.45 Casual Swim		*31st & 7th 14.45 - 16.45 Fun Swim with Play Rafts		17.30 - 21.00 Available for Hire
SUN 1ST 8TH 15TH		08.00 - 10.00 Casual Swim	10.00 - 12.00 Fun Swim with Play Rafts		12.00 - 13.30 Little Splashers		13.30 - 15.30 Fun Swim with Play Rafts		15.30 - 19.00 Swim School	19.00 - 21.00 Adult Swim School

Little Splashers - this session is for parents and under 8's

* Saturday 14th August - 15.00 - 16.30 Swim School Pool Party - bookable in advance at reception

SUMMER HOLIDAY POOL PROGRAMME

Monday 16th August - Sunday 5th September 2010



Main Pool Programme

MON 16TH 23RD	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	11.00 - 12.00 3 Lane Swim & casual	12.00 - 14.00 4 Lane Swim & double slow lane	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Private Lessons	17.30 - 20.30 6 lane swim	20.30 - 21.30 Fitness Swimming	
TUE 17TH 24TH 31ST	06.30 - 07.00 Members	07.00 - 09.00 3 Lane Swim & casual	09.00 - 10.30 Crash Course	11.05 - 11.50 AquaFit	12.00 - 14.30 3 Lane Swim & casual	14.30 - 15.30 Senior Swim 2 lanes and casual	16.00 - 17.30 Private Lessons	17.30 - 19.00 6 Lane Swim	19.15 - 20.00 AquaFit	20.00 - 21.00 4 Lane Swim
WED 18TH 25TH 1ST	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	11.00 - 12.00 3 Lane Swim & casual	12.00 - 14.00 4 Lane Swim & double slow lane	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Private Lessons	17.30 - 19.00 6 lane swim	19.00 - 20.00 6 lane swim 18th & 25th	20.00 - 21.00 4 Lane Swim & double slow lane
THUR 19TH 26TH 2ND	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	10.30 - 11.45 Fun inflatable & casual swim	12.00 - 14.00 3 Lane Swim & casual	14.00 - 14.45 Easy AquaFit	16.00 - 17.30 Private Lessons	17.30 - 19.00 6 Lane Swim	19.15 - 20.00 AquaFit (Ladies only)	20.00 - 21.00 3 Lane swim & casual (Ladies only)
FRI 20TH 27TH 3RD	06.30 - 07.00 Members	07.00 - 09.00 4 Lane Swim & double slow lane	09.00 - 10.30 Crash Course	10.30 - 12.00 3 Lane Swim & casual	12.00 - 14.00 4 Lane Swim & double slow lane	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Private Lessons	17.30 - 19.30 3 Lane Swim & casual	19.30 - 21.00 3 Lane Swim & casual	
SAT 21ST 28TH 4TH		08.00 - 09.00 4 lane swim & double slow lane (ONLY 21ST & 28TH)	09.00 - 13.00 Casual Swim		13.00 - 14.30 3 Lane Swim & casual		14.45 - 16.45 *(see below)	17.30 - 21.00 Available for hire		
SUN 22ND 29TH 5TH		08.00 - 10.00 4 Lane Swimming & double slow lane	10.00 - 12.00 Fun Swim with Play Rafts		12.00 - 13.30 3 Lane Swim & casual	13.30 - 15.45 Fun Swim with Play Rafts		16.00 - 19.00 3 Lane Swim & casual		

* Saturday 21st August - Fun Swim with Play Rafts

* Saturday 28th August - Fun Inflatable Obstacle Course

* Saturday 4th September - Fun Swim with Play Rafts

PLEASE NOTE: Monday 30th August (Bank Holiday) - 3 lane swim and casual 08.00 - 12.30

Teaching Pool Programme

MON 16TH 23RD	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Casual Swim	12.00 - 14.00 Little Splashers	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Crash Course	17.30 - 21.00 Casual Swim	
TUES 17TH 24TH 31ST	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Casual Swim	12.00 - 14.30 Little Splashers	14.30 - 15.30 Senior Swim	16.00 - 17.30 Crash Course	19.30 - 20.00 Casual Swim	20.00 - 21.00 Disport
WED 18TH 25TH 1ST	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Casual Swim	12.00 - 14.00 Little Splashers	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Crash Course	17.30 - 21.00 Casual Swim	
THUR 19TH 26TH 2ND	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Casual Swim	12.00 - 14.00 Little Splashers	14.00 - 16.00 Casual Swim	16.00 - 17.30 Crash Course	17.30 - 19.00 Casual Swim	19.00 - 21.00 Ladies Only
FRI 20TH 27TH 3RD	06.30 - 07.00 Members	07.00 - 09.00 Casual Swim	09.00 - 10.30 Crash Course	10.30 - 12.00 Casual Swim	12.00 - 14.00 Little Splashers	14.00 - 15.30 Fun Swim with Play Rafts	16.00 - 17.30 Crash Course	17.30 - 21.00 Casual Swim	
SAT 21ST 28TH 4TH		08.00 - 14.45 Casual Swim				14.45 - 16.45 Fun Swim with Play Rafts		17.30 - 21.00 Available for Hire	
SUN 22ND 29TH 5TH		08.00 - 10.00 Casual Swim	10.00 - 12.00 Fun Swim with Play Rafts		12.00 - 13.30 Little Splashers	13.30 - 15.30 Fun Swim with Play Rafts		15.30 - 19.00 Casual Swim	

Little Splashers - this session is for parents and under 8's

PLEASE NOTE: Monday 30th August (Bank Holiday) - Casual Swim 08.00 - 12.30