

POOL PROGRAMME - MAY TO AUGUST 2014

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6.30 am						Closed	
7.00 am						Closed	
7.30 am							
8.00 am							
8.30 am							
9.00 am							
9.30 am							
10.00 am	Aqua 10.00 - 10.45	Aqua 9.40 - 10.25	Aqua 10.00 - 10.45		Aqua 10.00 - 10.45		
10.30 am							
11.00 am						11.00	11.00
11.30 am						Family Splash	
12.00 pm						Family Splash	
12.30 pm				Aqua 12.35 - 13.20		Family Splash	
1.00 pm						Family Splash	
1.30 pm						Family Splash	
2.00 pm						Family Splash	
2.30 pm						Family Splash	
3.00 pm	Family Times and Swimming Lessons 15.00 - 18.00					Family Splash	
3.30 pm						Family Splash	
4.00 pm						Family Splash	
4.30 pm						Family Splash	
5.00 pm						Family Splash	
5.30 pm						Family Splash	
6.00 pm							
6.30 pm							
7.00 pm				Swim Club 19.00 - 20.00			
7.30 pm		Aqua 19.15 - 20.00					
8.00 pm		Volley Ball 20.15 - 21.00	Swim Club 20.00 - 21.00				
8.30 pm							
9.00 pm						Closed	
9.30 pm						Closed	

Aqua - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

Water Volleyball - A fun session based on the sport volleyball, but in the water. Rules have been modified to suit all levels for both males & females. Definitely a social way to get fit.

Swim Club - Professional swim coaching for everyone in the pool.

Family Times and Splash Times - lane restrictions apply

HEALTH CLUB OPENING TIMES:

6.30am - 10.00pm Weekdays
7.30am - 9.00pm Weekends

Notes: Family Splash Sessions are the supervised times on poolside, where floats are available for use. The floats will only be available during supervised splash times. The pool is supervised Friday 18.00-19.00, Saturday 15.00-16.00 and Sundays 11.00-12.00. During tuition times there may be some restrictions on certain pool areas.