

Swimming Pool Timetable January 8th to April 1st 2018 (Excludes February 19th to February 25th)

Monday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900-1000	Adult Swimming
1000-1100	Parent & Lessons (learner pool)
1000-1100	Public Swimming (main pool)
1100-1230	Public Swimming (week B)
1230-1400	Public Swimming (week A)
1500 -1545	Public Swimming
1600 -1730	Children's Swimming Lessons
1700 -1900	Swimming Club
1730 -1900	Adult & Child Swim (Learner Pool)
1915 - 2000	Public Swimming
2000 - 2100	Lane Swimming
2000 - 2100	Adult & Child Swim (Learner Pool)

Tuesday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
1015-1115	Aqua Fit (from January 23 rd)
1015 - 1115	Adult & Child Swim (Learner Pool from January 23 rd)
1115 - 1215	Adult Swimming Lessons (beginners)
1215 - 1300	Public Swimming
1600 - 1730	Children's Swimming Lessons
1600 - 1700	Rookie Lifesaving Club
1700 - 1900	Swimming Club
1730 -1900	Adult & Child Swim (Learner Pool)
1900 - 2000	Adult Lessons (Improvers)
2000 - 2100	Adult Coaching / Masters

Wednesday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900- 1000	Adult Swimming (week A)
1500 - 1545	Public Swimming
1600 -1740	Children's Swimming Lessons
1700 - 1900	Newport Lifesaving Club
1730 - 1900	Adult & Child Swim (Learner Pool)
1900 - 2000	Public Swimming
2000 - 2100	Lane Swimming
2000 - 2100	Adult & Child Swim (Learner Pool)

1. Free swimming for children every Saturday
1300-1400 & £1.00 per adult accompanying a child

2. Free swimming for children every Sunday
1130-1230

Thursday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900 - 1000	Public Swimming (week B)
1115- 1215	Aqua Fit (Week B)
1115 - 1215	Adult & Child Swim (Learner Pool week B)
1200 - 1300	Aqua Fit (week A)
1200 - 1300	Adult & Child Swim (Learner Pool week A)
1600 - 1740	Children's Swimming Lessons
1700 - 1900	Swimming Club
1700 - 1900	Adult & Child Swim (Learner Pool)
1915 - 2000	Public Swimming
2000 - 2100	Lane Swimming
2000 - 2100	Adult & Child Swim (Learner Pool)

Friday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
1115 - 1215	**Let's Get Active
1515 - 1545	Public Swimming
1600 - 1800	Children's Swimming Lessons
1745 - 1845	Rookie Lifesaving Club
1800 - 1845	Splashtime
1900 - 2100	Swimming Club
1900 - 2100	Adult & Child Swim (Learner Pool)

Saturday

0815 - 0915	Lane Swimming
0815 - 0915	Adult & Child Swim (Learner Pool)
0930 - 1155	Children's Swimming Lessons
1130 - 1200	1:1 Lesson Slot
1200 - 1300	Public Swimming
1300 - 1400	1.Family Swim (Learner pool & shallow end of main pool only)
1415 - 1645	Private Hire

Sunday

0830 - 0930	Lane Swimming
0830 - 0930	Adult & Child Swim (Learner Pool)
0930 - 1030	Over 40's Swimming
1030 - 1130	Family Swim (Learner pool & shallow end of main pool only)
1130 - 1330	2.Public Swimming
1345 - 1445	Private Hire

**This class is suitable for adults with a learning disability

Pool admission policy to be followed for all public swimming sessions