

# Swan Leisure Pool Timetable November 2017



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.15 - 8.15	Triathlon Coaching 3 x Adult only 25m lane swim	6 x Adult Only 25m Lane Swim	6 x Adult Only 25m Lane Swim	3 x Adult Only 25m Lane Swim	Masters Session 3 x Adult only 25m lane swim
8.15 - 8.45	6 x Adult Only 25m Lane Swim	6xAdult only 25m lane swim	6 x Adult Only 25m lane swim	6xAdult only 25m lane swim	4 x Adult only 25m lane swim
9.00 - 9.45	Public Swim	Public Swim Aqua Aerobics @ 9.20am	Public Swim	Public Swim Aqua Aerobics @ 9.20am	Public Swim
9.45 - 10.30	Adult Lessons@9.45 Public Swim	Public Swim 3 x Adult Only @ 10am 25m Lane Swim	Adult Lessons@ 9.45am Public Swim	Public Swim Swan Babies Lessons 10.00am Swan Babies Lessons 10.20am Swan Toddlers Lessons 10.50am	Aqua Aerobics @ 9.45 Public Swim
10.30-11.15	Aqua Aerobics @10.30am Public Swim Adult and Toddler 11.15-12.45	3 x Adult Only 25m Lane Swim	Express Aqua @ 10.30am (30 minute class)	Public Swim Swan Toddlers Lessons 10.50am	Swan Babies Lessons 10.45am Swan Babies Lessons 11.05 Swan Toddlers Lessons 11.35 Swan Toddlers Lessons 12.05
11.15- 12.45	Swan Babies Lessons 11.15 Swan Babies Lessons 11.35 Swan Babies Lessons 12.05 Swan Babies Lessons 12.25	Public Swim	Public Swim	Public Swim	Public Swim
12.45 - 13.30	Public Swim	Public Swim	Public Swim	Public Swim from 1pm	Public Swim
14.00 - 15.00	Centre Children's Lessons	Public Swim	Public Swim	Public Swim	Public Swim
15.00 - 16.00	Centre Children's Lessons	Public Swim	Public Swim	Public Swim	Public Swim
16.00 - 16.30	Centre Children's Lessons	Centre Children's Lessons	Centre Children's Lessons	Public Swim	Public Swim
16.30 - 17.00	Centre Children's Lessons	Centre Children's Lessons	Centre Children's Lessons	Public Swim	Public Swim
17.00 - 17.30	Centre Children's Lessons	Centre Children's Lessons	Centre Children's Lessons	3 x Adult Only 25m Lane Swim	Childrens Swim Club
17.30 - 18.00	Centre Children's Lessons	Centre Children's Lessons	Centre Children's Lessons	Childrens Swim Club Childrens Swim Club	3 x Adult Only 25m Lane Swim
18.15 - 18.55	6 x Adult Only 25m Lane Swim	Childrens Swim Club 3x Adult Only 25m Lane Swim	6 x Adult Only 25m Lane Swim	3x Adult Only 25m Lane Swim	3 x Adult Only 25m Lane Swim
19.05 - 19.45	6 x Adult Only 25m Lane Swim	3 x Adult Only 25m Lane Swim	3 x Adult Only 25m Lane Swim	3 x Adult Only 25m Lane Swim	Adult Lessons @ 19.15pm
20.00 - 20.40	Aqua Aerobics (8pm) Public Swim	3 x Adult Only 25m Lane Swim 3 x Adult Only 25m Lane Swim	Aqua Aerobics (8.10pm) (30 minute class) PP	3 x Adult Only 25m Lane Swim	Public Swim Adult Only 15m Swim until 8.30pm
20.45 - 21.30	Adult Lessons@20.45 Adult Only Swim Swim until 9.30pm	Masters Session @ 20.30 3 x Adult only 25m lane swim 9.30pm	Adult Lessons@20.45 Adult Only Swim Swim until 9.30pm	Triathlon Coaching @ 20.30 3 x Adult only 25m lane swim 9.30pm	

TIME	SATURDAY	TIME	SUNDAY
10.15 - 12.45	Centre Children's Lessons Centre Children's Lessons Centre Children's Lessons	10.15 - 17.30	Sunday Fun-Day
12.50 - 13.50	6 x Adult Only 25m Lane Swim		Sunday Fun-Day
13.45-17.30	Family Swim Until 5.30pm		Until 5.30pm

## Our Pool ALWAYS has a section open to the Public and Members

### Public Swims

- A section of the pool will always be open to members of the public. Please note that the moveable floor section may be booked. There are no lanes available on Saturday mornings between 10.15am & 12.15pm

### 25m Lanes

- This is where the full pool is open for lane swimming/Adults only. Please allow approx 15 minutes for staff to change over pool

### Family Swims

- The pool is open to families to come down for a swim together, there will be a shallow end of the pool available at these times

### Sunday Fun-days

- The Pool is open to families with floats and toys provided to use

### Centre Lessons

- The boom is raised, only the main part of the pool is open to the public

- Swan Babies and Swan Toddler Lessons** An area of the pool is reserved for adults and toddlers to come down for a swimming lesson. This helps babies and toddlers get used to the water. There is also an Adult and Toddler public swim on during this time.

### Triathlon & Masters Coaching - 25m

### Adult Swimming Lessons - Beginner, Improver, Advanced

### Aqua Aerobics (Note Wed 8.10pm is DEEP WATER AQUA)

Please note that the Pool timetable is subject to change at Swan Leisure Managements discretion.

Here at Swan Leisure, Swimming is our passion. All your feedback is greatly appreciated!

If you intend on bringing Children/Babies, please be aware of our **Adult Only** swim times which are highlighted in dark blue.