



Swimming Pool
(Length swimmers only after 8.00pm)

Fitness Suite

Activities
(Members aged 16 years and over only)



**SPORTS CLUB
TIMETABLE
July 1st to August
31st 2019**



Dates for your Diary
Bank Holiday opening times
Monday 26th August,
10.00am - 4.00pm
(no classes running)

***This will only be for the summer (duration of this timetable)**

***Family Fun Swim**

Family fun session with floats & woggles, all children under 8 must be supervised in the pool by an adult.

Lifeguard Training

Lifeguard training takes place on the fourth Thursday of each month, between 7- 8pm. One lane will be utilised for this compulsory training.

Monday	6.00am - 10.30am (One Lane for School use 7.00am-8.00am) 5.00pm - 9.30pm (whole pool laned 7.00pm-8.00pm, two lanes for School use)	6.00am - 10.30am 4.00pm - 9.30pm	Stretch & Tone (Becky) 8.45am - 9.45am & 9.45am - 10.45am Badminton 12.00pm - 1.30pm Aerobics (Jackie) 6.30pm - 7.30pm
Tuesday	6.00am - 10.30am 5.00pm - 6.55pm	6.00am - 10.30am 4.00pm - 9.30pm	Pilates (Kay) 8.15am - 9.15am & 9.15am - 10.15am
Wednesday	6.00am - 10.30am *5.30pm - 6.30pm 7.15pm - 9.30pm	6.00am - 10.30am 4.30pm - 9.30pm	Pilates 6.30pm - 7.30pm (Kay) 7.30pm - 8.30pm (Nigel) Hydrofit (Pat) 6.30pm - 7.15pm
Thursday	6.00am - 10.30am (Two lanes all morning, from 7.00am-8.00am for School use) 5.00pm - 7.00pm 8.00pm - 9.30pm Relax to Music Swim	6.00am - 10.30am 4.00pm - 9.30pm	Aerobics (Becky) 9.00am - 10.00am Aquarobics (Becky) 10.30am - 11.15am Aerobics (Jackie) 7.00pm - 8.00pm
Friday	6.00am - 10.30am 6.00pm - 9.00pm (whole pool laned 6.00pm-9.00pm, two lanes for School use)	6.00am - 10.30am 4.00pm - 9.00pm	
Saturday	8.00am - 1.30pm *1.30pm - 2.30pm (Family Fun Swim) 2.30pm - 5.30pm	8.00am - 5.30pm	Pilates (Polly) 8.00am - 9.00am & 9.00am - 10.00am
Sunday	8.00am - 1.00pm 2.30pm - 5.30pm	8.00am - 5.30pm	Badminton 3.00pm - 4.30pm