

Swimming

MAIN POOL TIMETABLE

MONDAY

| | |
|---------------|----------------|
| 07.00 - 09.00 | EARLY RISER* |
| 09.00 - 10.00 | GENERAL SWIM |
| 10.00 - 10.50 | ADULT AQUAZONE |
| 10.50 - 12.00 | LADIES ONLY |
| 12.00 - 14.30 | GENERAL SWIM |
| 14.30 - 15.30 | 50+ SESSION |
| 15.30 - 18.30 | AQUAZONE |
| 18.30 - 20.00 | GENERAL SWIM |
| 20.00 - 21.00 | AQUAFIT |
| 21.00 - 22.00 | ADULTS ONLY |

TUESDAY

| | |
|---------------|--------------|
| 09.00 - 11.00 | GENERAL SWIM |
| 11.00 - 12.00 | AQUAFIT |
| 12.00 - 14.30 | GENERAL SWIM |
| 14.30 - 16.00 | 50+ SESSION |
| 16.00 - 19.00 | AQUAZONE |
| 19.00 - 22.00 | LIFESAVING |

WEDNESDAY

| | |
|---------------|--------------|
| 07.00 - 09.00 | EARLY RISER |
| 09.00 - 11.00 | GENERAL SWIM |
| 11.00 - 12.00 | LADIES ONLY |
| 12.00 - 14.30 | GENERAL SWIM |
| 14.30 - 13.30 | U3A |
| 15.30 - 18.30 | AQUAZONE |
| 18.30 - 21.00 | GENERAL SWIM |
| 21.00 - 22.00 | ADULTS ONLY |

N.B. Pool times may alter during School Holidays.
*Denotes a lane rope will be in operation for length swimmers

Small pool closed Monday 7-12, Tuesday 9-12 and Wednesday 7-12

Bank Holiday Programme

9am - 10am Adults Only
10am - 3.45pm Public Swim

THURSDAY

| | |
|---------------|----------------|
| 09.00 - 12.00 | SCHOOLS |
| 12.00 - 13.15 | GENERAL SWIM |
| 13.15 - 16.00 | SCHOOLS |
| 16.00 - 18.00 | AQUAZONE |
| 18.00 - 20.00 | GENERAL |
| 20.00 - 21.00 | ADULT AQUAZONE |
| 21.00 - 22.00 | LADIES ONLY |

FRIDAY

| | |
|---------------|----------------|
| 07.00 - 09.00 | EARLY RISER |
| 09.00 - 12.00 | SCHOOLS |
| 12.00 - 13.30 | GENERAL SWIM |
| 13.30 - 16.00 | SCHOOLS |
| 16.00 - 18.00 | AQUAZONE |
| 18.00 - 19.30 | GENERAL SWIM |
| 19.30 - 21.00 | LEEK SWIM CLUB |
| 21.00 - 22.00 | ADULTS ONLY |

SATURDAY

| | |
|---------------|--------------------|
| 08.00 - 12.00 | GENERAL SWIM |
| 12.00 - 14.00 | AQUAZONE |
| 14.00 - 16.00 | FUN SESSION |
| 16.00 - 18.00 | PRIVATE PARTIES |
| 18.00 - 22.00 | LEEK SWIMMING CLUB |

SUNDAY

| | |
|---------------|---------------------------------|
| 08.00 - 12.00 | GENERAL SWIM |
| 12.00 - 14.00 | LIFE SAVING LIFE GUARD TRAINING |
| 14.00 - 17.00 | GENERAL SWIM |
| 17.00 - 18.00 | GENTS ONLY |
| 18.00 - 20.00 | LEEK SWIM CLUB |
| 20.00 - 21.00 | ADULT ONLY |
| 21.00 - 22.00 | PRIVATE HIRE |

Please note: Admission policy.

1 adult may supervise:
3 children between 5-8,
2 under 5
1 under 5 & 2 between 5-8



Swimming

SMALL POOL TIMETABLE

MONDAY

12.00 - 14.15

GENERAL SWIM

18.30 - 20.00

GENERAL SWIM

TUESDAY

12.00 - 14.15

GENERAL SWIM

WEDNESDAY

12.00 - 13.30

GENERAL SWIM

18.15 - 21.00

GENERAL SWIM

THURSDAY

12.00 - 13.15

GENERAL SWIM

18.00 - 20.00

GENERAL SWIM

FRIDAY

12.00 - 13.30

GENERAL SWIM

18.00 - 19.30

GENERAL SWIM

SATURDAY

08.00 - 11.00

GENERAL SWIM

14.00 - 16.00

FUN SESSION

SUNDAY

08.00 - 12.00

GENERAL SWIM

14.00 - 17.00

GENERAL SWIM

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