

COTGRAVE LEISURE CENTRE - TERM TIME

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	EARLY RISER SWIM		50+ SWIM (1)	AQUAZONE LESSONS	GENERAL SWIM (2)		SCHOOLS	GENERAL SWIM (3)	AQUAZONE LESSONS		GENERAL SWIM	ADULT SWIM (2)				CLOSED
TUES	EARLY RISER SWIM		SCHOOLS		GENERAL SWIM (4)	AQUAZONE LESSONS	PARENT & TODDLER ADULT SWIM (4)	GENERAL SWIM (3)	ROOKIE LIFESAVING	AQUAZONE LESSONS	AQUA ZUMBA	SWIM CLUB	SWIM CLUB	SWIM CLUB	STAFF TRAINING	
WED	EARLY RISER SWIM		SCHOOLS		GENERAL SWIM		SCHOOLS	GENERAL SWIM (3)		AQUAZONE LESSONS		AQUAFIT	ADULT LANE SWIM (4)			CLOSED
THUR	EARLY RISER SWIM		ADULT SWIM (4)	50+ SWIM (4)	AQUAZONE LESSONS	DISABILITY SWIM	P & T* ARTHRITIS CARE ADULT (4)	GENERAL SWIM (3)		AQUAZONE LESSONS		GENERAL SWIM	SWIM CLUB			CLOSED
FRI	EARLY RISER SWIM		SCHOOLS		LADIES ONLY (4)	GENERAL SWIM (5)				AQUAZONE LESSONS		SWIM CLUB				CLOSED
SAT	EARLY RISER SWIM	CROCS SWIM CLUB	AQUAZONE LESSONS	CLOSED	INFLATABLE FUN (6)	GENERAL SWIM (6)	CLOSED	WATER SPHERE/TOTS PARTY	INFLATABLE FUN POOL PARTIES			CLOSED				
SUN	CLOSED	EARLY RISER SWIM	GENERAL SWIM (7)					INFLATABLE FUN (7)	CLOSED	INFLATABLE FUN POOL PARTIES		KAYAKING		SWIM CLUB		CLOSED

- (1) Beach/shallow area available 9.00 – 10.00am only
- (2) Beach/shallow area available 12.00 – 1.30pm only
- (3) Beach/shallow area not available 4.00 – 4.30pm
- (4) Beach/shallow area not available
- (5) Beach/shallow area available 1.30 – 4.00pm only
- (6) Flume available 11.15am – 2.15pm only
- (7) Flume available 11.00 - 3.45pm only

Swimming Pool Admissions Policy: An adult (16+ years) must accompany children under the age of 8. The adult must be in the water at all times. Pool ratio: 1 adult to 2 children under 8. The last admission to the pool is 45 minutes before the end of a session. Children under 3 must wear suitable aqua nappies or similar.

*P & T = Parent & Toddler

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COTGRAVE LEISURE CENTRE - SCHOOLS HOLIDAYS

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MON	EARLY RISER SWIM		CLOSED	50+ SWIM (1) AQUAZONE LESSONS	ADULT SWIM (1)	INFLAT-ABLE FUN (2)	GENERAL SWIM (2)			AQUAZONE LESSONS		GENERAL SWIM (3)		ADULT LANE SWIM (1)			CLOSED
TUES	EARLY RISER SWIM		CLOSED	GENERAL SWIM (3)		ADULT SWIM (1)	INFLATABLE FUN (4)	GENERAL SWIM (4)		AQUAZONE	ROOKIE	AQUA ZUMBA	SWIM CLUB	SWIM CLUB	SWIM CLUB	STAFF TRAINING	
WED	EARLY RISER SWIM		CLOSED		INFLATABLE FUN (5)	GENERAL SWIM (5)			WWB* (6)	AQUAZONE LESSONS			AQUAFIT	ADULT LANE SWIM (1)			CLOSED
THUR	EARLY RISER SWIM		CLOSED	ADULT SWIM (1)	50+ SWIM (1)	INFLAT-ABLE FUN (2)	GENERAL SWIM (2)			AQUAZONE LESSONS		GENERAL SWIM (3)		SWIM CLUB			CLOSED
FRI	EARLY RISER SWIM		CLOSED	GENERAL SWIM (3)	LADIES ONLY (1)	ADULT SWIM (1)	GENERAL SWIM (7)		AQUAZONE LESSONS			SWIM CLUB					CLOSED
SAT	EARLY RISER SWIM	CROCS SWIM CLUB	AQUAZONE LESSONS		CLOSED	INFLAT-ABLE FUN (8)	GENERAL SWIM (8)		CLOSED	WATER SPHERE / TOTS PARTY	INFLATABLE FUN PARTIES			CLOSED			
SUN	CLOSED	EARLY RISER SWIM	GENERAL SWIM (9)						INFLAT-ABLE FUN (9)	CLOSED	INFLATABLE FUN PARTIES		CLOSED			SWIM CLUB	CLOSED

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- (1) Beach/shallow area & flume not available.
- (2) Flume & beach/shallow area available 12.00 - 4.00pm only.
- (3) Flume not available.
- (4) Beach/shallow area & flume available 1.30 - 4.00pm only.
- (5) Flume & beach/shallow area available 10.00am - 4.00pm.
Deep end of the main pool only available during Water Walker Ball sessions.

- (6) Pre booking is essential. Min age 8 years. Max time in Water Ball 5 minutes. Swim included.
- (7) Flume, beach/shallow area available 1.00 - 4.00pm only.
- (8) Flume available.
- (9) Flume available 11.00am - 3.45pm only.

*Walking Water Balls

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