

COTGRAVE LEISURE CENTRE - TERM TIME

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	EARLY MORNING SWIM		50+ SWIM (1)	AQUAZONE LESSONS	GENERAL SWIM (2)		SCHOOLS	GENERAL SWIM		AQUAZONE LESSONS			DIVE CLUB	ADULT SWIM		
TUES	EARLY MORNING SWIM		SCHOOLS		GENERAL SWIM (3)	AQUAZONE LESSONS		PARENT & TODDLER ADULT LANE SWIM	GENERAL SWIM	AQUAZONE LESSONS			GENERAL STAFF TRAINING	SWIMMING CLUBS	ADULT LANE SWIM	
WED	EARLY MORNING SWIM		SCHOOLS		GENERAL SWIM		SCHOOLS	LADIES ONLY SWIM (4)	GENERAL SWIM	AQUAZONE LESSONS			GENERAL SWIM	AQUAFIT	ADULT SWIM	
THUR	EARLY MORNING SWIM		SCHOOLS	50+ SWIM (5)	GENERAL SWIM		ARTHRTIS CARE	PARENT & TODDLER ADULT LANE SWIM	GENERAL SWIM	AQUAZONE LESSONS			GENERAL SWIM	MASTERS SWIM CLUB	CLOSED	
FRI	EARLY MORNING SWIM		SCHOOLS	LADIES ONLY SWIM	GENERAL SWIM (6)					AQUAZONE LESSONS			SWIMMING CLUBS		CLOSED	
SAT	EARLY MORNING SWIM	CROCS SWIM CLUB	AQUAZONE LESSONS	INFLATABLE FUN (7)	GENERAL SWIM (7)				POOL PARTIES				CLOSED			
SUN	CLOSED	EARLY MORNING SWIM	GENERAL SWIM (8)							POOL PARTIES			SWIMMING CLUBS	MASTERS SWIM CLUB	CLOSED	

- (1) Beach/shallow area available 9.00 – 10.00am only
- (2) Beach/shallow area available 12.30 – 1.30pm only.
- (3) Beach/shallow area not available.
- (4) Beach/shallow area available 3.00 – 3.30pm only.
- (5) Beach/shallow area not available.
- (6) Beach/shallow area available 1.30 – 4.30pm only.
- (7) Flume available from 11.15am – 2.45pm only.
- (8) Flume available from 11.00am – 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.

Swimming



Working in partnership with your Local Authority.

COTGRAVE LEISURE CENTRE - SCHOOL HOLIDAYS

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	EARLY MORNING SWIM			50+ SWIM	INFLATABLE FUN (1)	GENERAL SWIM (1)					AQUAZONE LESSONS		DIVE CLUB	ADULT SWIM		
TUES	EARLY MORNING SWIM			GENERAL SWIM	INFLATABLE FUN (1)	GENERAL SWIM (1)					AQUAZONE LESSONS		GENERAL STAFF TRAINING	SWIMMING CLUBS	ADULT LANE SWIM	
WED	EARLY MORNING SWIM			GENERAL SWIM (1)							AQUAZONE LESSONS		GENERAL SWIM	AQUAFIT	ADULT SWIM	
THUR	EARLY MORNING SWIM			PARENT & TODDLER ADULTS ONLY	50+ SWIM	INFLATABLE FUN (2)	GENERAL SWIM (2)				AQUAZONE LESSONS		GENERAL SWIM	MASTERS SWIM CLUB	CLOSED	
FRI	EARLY MORNING SWIM			LADIES ONLY SWIM	AQUAFIT	INFLATABLE FUN (2)	GENERAL SWIM (2)				AQUAZONE LESSONS		SWIMMING CLUBS		CLOSED	
SAT	EARLY MORNING SWIM	CROCS SWIM CLUB	AQUAZONE LESSONS		INFLATABLE FUN (3)	GENERAL SWIM (3)				POOL PARTIES			CLOSED			
SUN	CLOSED	EARLY MORNING SWIM	GENERAL SWIM (4)								POOL PARTIES		SWIMMING CLUBS	MASTERS SWIM CLUB	CLOSED	

- (1) Flume available from 11.30am – 4.30pm
- (2) Flume available from 12.00 – 4.30pm
- (3) Flume available from 11.15am – 2.45pm
- (4) Flume available from 11.00am – 3.45pm

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.

Swimming



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