

swimming

HOLSWORTHY TERM SWIMMING TIMETABLE

3rd January - 31st January 2012

holsworthy@parkwood-leisure.co.uk

MONDAY

07.30-09.30	Adults Only Swimming
09.30-10.30	Schools
10.30-11.30	Lane Swim
11.30-13.45	Public Swim
13.45-15.15	Schools
15.15-16.00	Public Swim
16.00-17.30	Public Swim (With Restrictions)*
17.30-19.00	Public Swim
19.00-20.00	Aqua-Fit
20.00-21.00	Private Hire

TUESDAY

09.15-10.00	Public Swim (With Restrictions)*
09.15-09.45	Adult & Child Lessons
10.00-10.45	Water Aerobics Over 50's
10.45-12.00	Over 50's Swimming
12.00-13.45	Public Swimming
13.45-15.30	Schools
15.30-16.00	Public Swimming
16.00-18.30	Public Swim (With Restrictions)*
18.30-19.45	Private Hire
19.45-21.45	Mood Swim Adults Only

WEDNESDAY

07.30-09.00	Adults Only Swimming*
09.00-10.00	Water Fitness
10.00-13.45	Public Swimming
13.45-14.30	Schools
14.30-16.00	Public Swim
16.00-18.00	Public Swim (With Restrictions)*
18.00-20.00	Public Swim
20.00-21.30	Private Hire

* Lessons may be operated during this time.
** Public session for all ages with floats and fun things.

Please note: All under 8's must be accompanied by an adult at all times. (Max 2 under 8's to one adult)

Aqua nappies must be worn by under 3's.

THURSDAY

09.30-10.30	Water Fitness
10.30-11.30	Public Swim
11.30-12.30	Schools
12.30-13.45	Public Swim
13.45-16.00	Schools
16.00-18.00	Public Swimming (With Restrictions)*
18.00-19.00	Public Swim
19.00-21.00	Private Hire

FRIDAY

07.30-09.00	Adults Only Swimming
09.00-10.00	Adult & Toddler
09.00-10.00	Public Swimming (With Restrictions)*
10.00-11.00	Public Swimming
11.00-12.00	Over 50's Swimming
12.00-14.30	Schools
14.30-16.00	Public Swimming
16.00-18.00	Public Swimming (With Restrictions)*
18.00-19.00	Public Swimming
19.00-21.00	Mood Swim Adults Only

SATURDAY

10.00-12.00	Public Swimming (With Restrictions)*
12.00-16.00	Public Swimming

SUNDAY

10.00-13.45	Public Swimming
14.00-15.00	Family Fun Hour**
15.15-16.30	Public Swim

Please note: This programme is subject to change during schools holidays.

Holsworthy Leisure Centre

Well Park, Western Road, Holsworthy, EX22 6DH
Tel: 01409 254013

