

MAIN POOL TERM TIME

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON	EARLY MORNING LANES			SCHOOLS	GENERAL SWIM		SCHOOLS	LANE SWIM	AQUAZONE LESSONS	SCHOOLS	AQUAZONE LESSONS		GENERAL SWIM	AQUAFIT	ADULT LANE SWIM			
TUES	NEWBURY SWIM CLUB	EARLY MORNING LANES	SCHOOLS	GENERAL SWIM	AQUA-FIT	SENIOR & DISABILITY SWIM	LANE SWIM	AQUAZONE LESSONS	SCHOOLS	AQUAZONE LESSONS	NEWBURY SWIM CLUB		TEAM TRAINING	ADULT LANE SWIM				
WED	EARLY MORNING LANES			SCHOOLS	GENERAL SWIM		SCHOOLS	LANE SWIM	AQUAZONE LESSONS	GENERAL SWIM	AQUAZONE LESSONS		GENERAL SWIM	LADIES LIFESTYLE	ADULT LANE SWIM			
THUR	NEWBURY SWIM CLUB	EARLY MORNING LANES	SCHOOLS			SENIOR & DISABILITY SWIM	LANE SWIM	AQUAZONE LESSONS	SCHOOLS	AQUAZONE LESSONS		GENERAL SWIM	AQUAZONE ADULTS	ADULT LANE SWIM				
FRI	EARLY MORNING LANES			GENERAL SWIM	SCHOOLS	GENERAL SWIM	LANE SWIM	AQUAZONE LESSONS	GENERAL SWIM	AQUAZONE LESSONS		GENERAL SWIM	ADULT LANE SWIM					
SAT	NEWBURY SWIM CLUB	EARLY MORNING LANES	AQUAZONE LESSONS			MAT AND FUN	FLUME	GENERAL SWIM		ADULT LANE SWIM	AVAILABLE FOR PRIVATE HIRE							
SUN			EARLY MORNING LANES	GENERAL SWIM	MAT AND FUN	FLUME	GENERAL SWIM				ADULT LANE SWIM	NEWBURY SWIM CLUB						

SESSION DESCRIPTIONS

- Early Morning Lanes -** The early bird catches the worm, public slow, medium and fast lanes available for all abilities.
- General Swimming -** Swimming for everyone. 2 lanes and casual swimming area. Children over 8 can swim alone if they are a competent swimmer.
- Mat and Flume Fun -** Session for all the family get ready to ride the flume, or sprayed by the cannon and water mushroom. If that doesn't take your fancy then you can play on the mats and woggles. (NB The flume runs for a minimum of 30 mins per hour restrictions apply).
- Adult Lane Swim -** Fast, medium and slow lanes for all abilities aged 16 and above.
- Aqua Fit -** Taken by a qualified instructor a fun class focused on increasing fitness and muscle tone to music.
- Ladies Lifestyle -** Ladies Only lane swimming session.
- Senior & Disability Swim -** A relaxed social swim with 2 lanes and casual swimming area.

swimming



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MAIN POOL SCHOOL HOLIDAYS

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON	EARLY MORNING LANES			GENERAL SWIM	MAT AND FUN	FLUME	LANE SWIM	AQUAZONE LESSONS	MAT AND FLUME FUN	AQUAZONE LESSONS	GENERAL SWIM	AQUAFIT	ADULT LANE SWIM					
TUES	NEWBURY SWIM CLUB	EARLY MORNING LANES		GENERAL SWIM	MAT AND FUN	FLUME	LANE SWIM	AQUAZONE LESSONS	MAT AND FLUME FUN	AQUAZONE LESSONS	NEWBURY SWIM CLUB	TEAM TRAINING	ADULT LANE SWIM					
WED	EARLY MORNING LANES			GENERAL SWIM	MAT AND FUN	FLUME	LANE SWIM	AQUAZONE LESSONS	MAT AND FLUME FUN	AQUAZONE LESSONS	GENERAL SWIM	LADIES LIFESTYLE	ADULT LANE SWIM					
THUR	NEWBURY SWIM CLUB	EARLY MORNING LANES		GENERAL SWIM		SENIOR SWIM	LANE SWIM	AQUAZONE LESSONS	MAT AND FLUME FUN	AQUAZONE LESSONS	GENERAL SWIM	AQUAZONE LESSONS	ADULT LANE SWIM					
FRI	EARLY MORNING LANES			GENERAL SWIM	MAT AND FUN	FLUME	LANE SWIM	AQUAZONE LESSONS	MAT AND FLUME FUN	AQUAZONE LESSONS	GENERAL SWIM		ADULT LANE SWIM					
SAT			EARLY MORNING LANES	AQUAZONE LESSONS			MAT AND FUN	FLUME	GENERAL SWIM		ADULT LANE SWIM	AVAILABLE FOR PRIVATE HIRE						
SUN			EARLY MORNING LANES	GENERAL SWIM	MAT AND FUN	FLUME	GENERAL SWIM				ADULT LANE SWIM							

TERMS AND CONDITIONS

All children under the age of 4 need to be supervised on a 1:1 ratio,
 Children between the ages of 4 and 8 need to be supervised on a 2:1 ratio.
 Children over 8 can swim alone.
 The flume has restrictions in place.
 The lockers are operated by either 20p piece or £1 coin.

NB : During Summer Holidays only Newbury Swim Club Sessions will be replaced with General Swim Sessions

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