

THE MOUNTBATTEN CENTRE - MAIN POOL (POOL A, 23 METRES) - TERM TIMETABLE

	6.00 - 7.00		7.00 - 8.00		8.00 - 9.00		9.00 - 10.00		10.00 - 11.00		11.00 - 12noon		12noon -13.00		13.00 - 14.00		14.00 - 15.00		15.00 - 16.00		16.00 - 17.00		17.00 - 18.00		18.00 - 19.00		19.00 - 20.00		20.00 - 21.00		21.00 - 22.00			
	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B	Pool A	Pool B		
MON			50M	50M	PUBLIC 50M	PUBLIC 50M	PUBLIC	PUBLIC		PUBLIC		PUBLIC	PUBLIC	PUBLIC		P	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC			LESSONS		ADULTS ONLY		ADULTS ONLY 50M		ADULTS ONLY 50M		
			PUBLIC	PUBLIC	PUBLIC 50M	PUBLIC 50M							AQUA	PUBLIC	PUBLIC	GP AQUAFIT			PUBLIC	PUBLIC	PUBLIC		LESSONS		LESSONS	PUBLIC		ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M		
TUE			50M	50M	PUBLIC 50M	PUBLIC 50M				PUBLIC		PUBLIC	PUBLIC	PUBLIC		PUBLIC	PUBLIC	AQUA NATAL	PUBLIC	PUBLIC	PUBLIC		PUBLIC			PUBLIC		ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M		
			PUBLIC	PUBLIC	PUBLIC 50M	PUBLIC 50M							AQUA	PUBLIC	PUBLIC			PUBLIC	PUBLIC	PUBLIC	PUBLIC		LESSONS		LESSONS	PUBLIC		ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M		
WED			50M	50M	PUBLIC 50M	PUBLIC 50M	PUBLIC	PUBLIC		PUBLIC		PUBLIC	PUBLIC	PUBLIC		PUBLIC			PUBLIC	PUBLIC	PUBLIC		PUBLIC		LADIES ONLY	LADIES ONLY	ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M			
			PUBLIC	PUBLIC	PUBLIC 50M	PUBLIC 50M							AQUA RUN	PUBLIC	PUBLIC			PUBLIC	PUBLIC	PUBLIC	PUBLIC		LESSONS		LESSONS	LESSONS	AQUA		ADULTS ONLY		ADULTS ONLY 50M	50M	50M	
THU			50M	50M	PUBLIC 50M	PUBLIC 50M				PUBLIC		PUBLIC	PUBLIC	PUBLIC		PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		PUBLIC		PUBLIC		ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M	
			PUBLIC	PUBLIC	PUBLIC 50M	PUBLIC 50M							AQUA	PUBLIC	PUBLIC			PUBLIC	PUBLIC	PUBLIC	PUBLIC		LESSONS		LESSONS	LESSONS	AQUA		ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M	
FRI			50M	50M	PUBLIC 50M	PUBLIC 50M	PUBLIC	PUBLIC		PUBLIC		PUBLIC	PUBLIC	PUBLIC		PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		PUBLIC		PUBLIC		ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M	
			PUBLIC	PUBLIC	PUBLIC 50M	PUBLIC 50M							AQUA	PUBLIC	PUBLIC			PUBLIC	PUBLIC	PUBLIC	PUBLIC		LESSONS		LESSONS	LESSONS	PUBLIC		ADULTS ONLY		ADULTS ONLY		ADULTS ONLY 50M	
SAT			50M	50M	50M	50M	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	FLOATS & FUN	INFLAT-ABLE	FLOATS & FUN	PUBLIC	INFLAT-ABLE	PUBLIC	PUBLIC	PUBLIC	ADULTS ONLY	PUBLIC	ADULTS ONLY	FLOATS & FUN		PUBLIC	MEMBERS ONLY	MEMBERS ONLY						
			PUBLIC 2 LANES					LESSONS	PUB		PUBLIC																							
SUN			50M	50M	50M	50M	PUBLIC	PUBLIC	FLOATS & FUN	INFLAT-ABLE	FLOATS & FUN	INFLAT-ABLE	PUBLIC	PUBLIC	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PUBLIC		PUBLIC		ADULTS ONLY 50M	ADULTS ONLY 50M	ADULTS ONLY 50M	ADULTS ONLY 50M	ADULTS ONLY 50M
			PUBLIC 4 LANES																															

Pool A = This is the 23 metre pool when the boom is raised. This pool has a moveable floor, therefore variable depths. Boom width is 2 metres.

- Public Session:** Free for over 60's & under 16's years old.
- Public Session:** Free for over 60's & under 16's, but under 16's must be accompanied by an adult.
- Public Session:** Free for over 60's only.
- Available to public, but not part of the free swimming imitative.
- Not available for general public swimming.

swimming



Working in partnership with your Local Authority.

THE MOUNTBATTEN CENTRE - LEARNER POOL TERM TIMETABLE

	06.00 07.00	07.00 08.00	08.00 09.00	09.00 10.00	10.00 11.00	11.00 12.00	12.00 13.00	13.00 14.00	14.00 15.00	15.00 16.00	16.00 17.00	17.00 18.00	18.00 19.00	19.00 20.00	20.00 21.00	21.00 22.00	22.00 23.00
MON				LESSONS	LESSONS	LESSONS PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	LESSONS	PUBLIC	PUBLIC			
TUE				LESSONS	LESSONS	LESSONS PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	LESSONS	PUBLIC	PUBLIC			
WED				LESSONS	LESSONS	LESSONS PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	LESSONS	LESSONS PUBLIC	PUBLIC			
THU				LESSONS	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC LESSONS	LESSONS	LESSONS	LESSONS	PUBLIC	PUBLIC			
FRI				LESSONS	LESSONS	LESSONS PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	LESSONS	PUBLIC	PUBLIC			
SAT			LESSONS	LESSONS	LESSONS	LESSONS PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	FUN & FLOATS	PUBLIC	PUBLIC				
SUN				PUBLIC	PUBLIC	PUBLIC	PUBLIC	PARTIES	PUBLIC	PUBLIC	FUN & FLOATS	PUBLIC					

Pool A = This is the 23 metre pool when the boom is raised. This pool has a moveable floor, therefore variable depths. Boom width is 2 metres.

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Session Descriptions

Aqua - An aerobic workout to music in water, for all levels of fitness.

Aqua Running - Series of running exercises in the pool whilst suspended by a float belt.

Parties - Your chance to have a children's birthday party in our pool, lots of fun games and the chance of using the pool inflatable as well. This is a bookable activity only.

Floats & Fun - Large foam floats throughout the pool to have fun on.

Inflatable - Our large pool inflatable is set up for all to have fun on.

Lessons - The Mountbatten Leisure Centre offer Aquazone lessons for all, from babies to adults, all abilities are catered for.

Adults Only - Swimming for those aged over 16 years of age.

swimming