

The Mountbatten Centre - Main Pool Timetable (May be subject to change. To confirm availability phone or check online for the most up to date information.)



	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					PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		PUBLIC	PUBLIC	SWIM 4 FITNESS		SWIM 4 FITNESS	GP AQUAFIT	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		PUBLIC		LESSONS		ADULTS ONLY		ADULTS ONLY 50M	ADULTS ONLY 50M
TUE					PUBLIC	PUBLIC				PUBLIC		PUBLIC	PUBLIC	SWIM 4 FITNESS		SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		PUBLIC		PUBLIC	PUBLIC	PUBLIC		ADULTS ONLY		
WED					PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		PUBLIC	PUBLIC	SWIM 4 FITNESS		SWIM 4 FITNESS	PUBLIC						PUBLIC		LESSONS		LESSONS	LADIES ONLY	LADIES ONLY	PUBLIC		ADULTS ONLY 50M	ADULTS ONLY 50M
THU					PUBLIC	PUBLIC						PUBLIC	PUBLIC	SWIM 4 FITNESS		SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		LESSONS		LESSONS	PUBLIC	PUBLIC	PUBLIC		ADULTS ONLY	
FRI					PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		PUBLIC	PUBLIC	SWIM 4 FITNESS		SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC		PUBLIC		LESSONS		LESSONS	PUBLIC		ADULTS ONLY		ADULTS ONLY 50M	ADULTS ONLY 50M
SAT							LESSONS	PUBLIC	LESSONS	PUBLIC	PUBLIC	LESSONS	FLOATS & FUN	INFLAT-ABLE	FLOATS & FUN	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	ADULTS ONLY		FLOATS & FUN		PUBLIC		MEMBERS ONLY	MEMBERS ONLY					
SUN					PUBLIC	PUBLIC	PUBLIC	PUBLIC	FLOATS & FUN	INFLAT-ABLE	FLOATS & FUN	INFLAT-ABLE	PUBLIC	PUBLIC	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PUBLIC	PUBLIC	PUBLIC						ADULTS ONLY (50M)	ADULTS ONLY (50M)	ADULTS ONLY (50M)	ADULTS ONLY (50M)

KEY

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 initiative.

Not available for general public swimming.

The Mountbatten Centre has a 50 metre pool which can be split into two by a boom:

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.

Pool B = This is the 25 metre pool when the boom is raised. It is 2 metres deep at all times. When the boom is lowered the pool becomes one 50 metre pool. This generally applies before 9.00am, Monday - Friday.

The Mountbatten Centre - Learner Pool 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	LESSONS		
TUE					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	PUBLIC	PUBLIC	PUBLIC LESSONS	LESSONS	LESSONS	LESSONS	PUBLIC	PUBLIC			
FRI				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					

See front for colour key definition.

THE MOUNTBATTEN CENTRE (T: 023 9262 6500)
Alexandra Park, Portsmouth, Hampshire, PO2 9QA



Session Descriptions

Swim 4 Fitness - Structured exercise programs for lane swimming. Swimming aids available.

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 Centre offer Aquazone lessons for all, from babies to adults, all abilities are catered for.

Adults Only - Swimming for those aged over 18 years of age.



Swimming Lessons

At The **NEW** Mountbatten Centre

A brand new lesson programme in our brand new Olympic sized facility. Swimming Lessons for all ages & abilities, 5 months up to adults, beginners to advanced. Learn to swim in a fun environment or simply improve your technique.



Additional Benefits - Competitive prices, excellent value! Simple Direct Debit Payment option. Spectator seating available in the café overlooking the pool area and plenty of additional viewing space, so you can watch your child as they progress. We have loads of free parking available.

The Mountbatten Leisure Centre - Main Pool Holiday Timetable (May be subject to change. To confirm availability phone or check online for the most up to date information.)



	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			PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	INFLATABLE	LESSONS	PUBLIC	PUBLIC AQUA	SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	GP REF. AQUAFIT	INFLATABLE	PUBLIC	PUBLIC	LESSONS		LESSONS		PUBLIC		LESSONS		ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY
TUE			PUBLIC	PUBLIC	PUBLIC	PUBLIC			PUBLIC	INFLATABLE	LESSONS	PUBLIC	PUBLIC AQUA	SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	INFLATABLE	PUBLIC	PUBLIC	LESSONS		LESSONS		PUBLIC		PUBLIC	PUBLIC	PUBLIC		ADULTS ONLY		
WED			PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	INFLATABLE	LESSONS	PUBLIC	PUBLIC AQUA RUN	SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	INFLATABLE	PUBLIC	PUBLIC	LESSONS		LESSONS		PUBLIC		LADIES ONLY AQUA	LADIES ONLY	PUBLIC		ADULTS ONLY 50M	ADULTS ONLY 50M	
THU			PUBLIC	PUBLIC	PUBLIC	PUBLIC					LESSONS	PUBLIC	PUBLIC AQUA	SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	INFLATABLE	PUBLIC	PUBLIC	LESSONS		LESSONS		PUBLIC		PUBLIC	PUBLIC	PUBLIC		ADULTS ONLY		
FRI			PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	INFLATABLE	LESSONS	PUBLIC	PUBLIC AQUA	SWIM 4 FITNESS	PUBLIC	PUBLIC	PUBLIC	INFLATABLE	PUBLIC	PUBLIC	LESSONS		LESSONS		PUBLIC		PUBLIC		ADULTS ONLY		ADULTS ONLY	ADULTS ONLY	
SAT			PUBLIC	PUBLIC	LESSONS	PUBLIC	LESSONS	PUBLIC	LESSONS	PUBLIC	LESSONS	PUBLIC	FLOATS & FUN	INFLATABLE	FLOATS & FUN	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	ADULTS ONLY				PUBLIC		MEMBERS ONLY	MEMBERS ONLY					
SUN			PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	FLOATS & FUN	INFLATABLE	FLOATS & FUN	INFLATABLE	PUBLIC	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PARTIES	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC					ADULTS ONLY 50M	ADULTS ONLY 50M	ADULTS ONLY 50M	ADULTS ONLY 50M	

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MON				LESSONS	LESSONS	LESSONS PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	LESSONS	PUBLIC	LESSONS	LESSONS		
TUE					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	PUBLIC	PUBLIC	PUBLIC LESSONS	PUBLIC	LESSONS	LESSONS	PUBLIC	PUBLIC			
FRI				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					

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Alexandra Park, Portsmouth, Hampshire, PO2 9QA



Working for



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