

swimming

WYCOMBE SPORTS CENTRE

Main Pool Timetable - Shallow End

Monday

06.30-07.45	Swimming Club
06.30-08.30	Adults Only 50m (2 lanes)
07.45-08.45	Lane Swimming (half pool)
08.30-09.00	Pool Closed
09.00-10.00	Adults Only
10.00-12.00	Schools
12.00-13.00	Lane Swimming (half pool)
12.00-13.00	Public Swim
13.00-14.00	Schools
14.00-21.00	Public Swim
16.00-19.00	Aquazone Lessons (half pool)
19.00-20.30	Adult Lessons
21.00-21.30	Pool Closed
21.30-22.30	Adults Only 50m (make a splash)

Tuesday

06.30-08.45	Swimming Club
08.50-09.50	Adults Only
10.00-12.00	Schools
12.00-17.30	Public Swim (half pool)
● 12.15-13.00	Aqua Aerobics
13.30-15.00	Schools
16.00-17.30	Aquazone Lessons (half pool)
17.30-22.30	Swimming Club

Wednesday

06.30-07.45	Swimming Club
06.30-08.30	Adults Only 50m (2 lanes)
07.45-08.30	Lane Swimming (half pool)
08.30-09.00	Pool Closed
09.00-10.00	Adults Only
10.00-12.00	Schools
12.00-13.30	Lane Swimming (half pool)
12.00-20.30	Public Swim (half pool)
13.30-14.30	School (half pool)
● 16.00-19.15	Aquazone Lessons
19.15-20.15	Aqua Aerobics
20.30-21.00	Pool Closed
21.00-22.30	Adults Only 50m
21.00-22.30	Lane Swimming (half pool) (make a splash)

Thursday

06.30-08.00	Swimming Club
08.00-09.30	Lane Swimming (half pool)
08.00-09.30	Adult Only 50m (half pool)
09.30-10.00	Pool Closed
10.00-12.00	Schools
10.00-13.30	Lane Swimming (half pool)
13.30-14.30	Schools
14.30-22.00	Public Swim (half pool)
16.00-19.00	Aquazone Lessons (half pool)
● 20.00-20.45	Aqua Aerobics
21.00-22.30	Lane Swimming (half pool)

Friday

06.30-07.45	Swimming Club
06.30-08.00	Adult Only 50m (half pool)
08.00-08.30	Pool Closed
08.30-10.00	50+ Club Session
10.00-22.30	Public Swim
● 10.15-11.00	Aqua Aerobics
12.30-14.45	Adult Lessons (half pool)
16.00-19.00	Aquazone Lessons (half pool)
21.00-22.00	Lane Swimming (half pool)

Saturday

07.00-09.15	Swimming Club
09.15-15.00	Public Swim
● 15.00-17.00	Fun Session
17.00-19.30	Public Swim
18.00-19.30	Lane Swimming (half pool)
19.30-22.30	Private Hire

Sunday

07.00-09.00	Swimming Club
09.00-10.00	Lane Swimming (half pool)
09.00-10.45	Public Swim
14.45-15.00	Pool Closed For Set-up
● 15.00-17.00	Super Splash
17.00-17.30	Pool Closed For Set-down
17.30-19.00	Public Swim
19.00-21.00	Wadsad/swimming Club

● Music may be heard on poolside during these sessions



swimming

WYCOMBE SPORTS CENTRE

Main Pool Timetable - Deep End

Monday

06.30-07.45	Swimming Club
06.30-08.30	Adults Only 50m (2 lanes)
08.30-09.00	Pool Closed
09.00-10.00	Adults Only
10.00-21.00	Public Swim
12.00-14.00	Lane Swimming
16.30-19.00	Swimming Club
19.00-21.00	Aquazone Lessons (half pool)
21.00-21.30	Pool Closed
21.30-22.30	Adults Only
21.30-22.30	50m (make A Splash)

Tuesday

06.30-08.45	Swimming Club
08.50-09.50	Adults Only
10.00-17.30	Public Swim
12.00-14.00	Lane Swimming (half pool)
16.00-17.30	Aquazone Lessons
17.30-22.30	Swimming Club

Wednesday

06.30-07.45	Swimming Club
06.30-08.30	Adults Only 50m (2 lanes)
08.30-09.00	Pool Closed
09.00-10.00	Adults Only
10.00-20.30	Public Swim
12.00-14.00	Lane Swimming (half pool)
16.00-19.00	Swimming Club
19.00-20.00	Fit Club Lessons (half pool)
20.30-21.00	Pool Closed
21.00-22.30	Lane Swimming (half pool)
21.00-22.30	Adults Only 50m (make a splash)

Thursday

06.30-08.00	Swimming Club
08.00-09.35	Lane Swimming (half pool)
08.00-09.30	Adults Only 50m (half pool)
09.30-10.00	Pool Closed
10.00-21.00	Public Swim
12.00-14.00	Lane Swimming (half pool)
16.30-20.00	Swimming Club
21.00-22.30	Sub Aqua

Friday

06.30-07.45	Swimming Club
06.30-08.00	Lane Swimming (half pool)
08.00-08.30	Pool Closed
08.30-10.00	50+ Public Swim Session
10.00-22.30	Public Swim
12.00-14.00	Lane Swimming (half pool)
16.30-19.00	Swimming Club
19.00-21.00	Aquazone Lessons
21.00-22.30	Lane Swimming (half pool)

Saturday

07.00-09.15	Swimming Club
09.15-10.00	Lane Swimming (half pool)
09.15-19.30	Public Swim
18.30-19.30	Lane Swimming (half pool)
19.30-22.30	Private Hire

Sunday

07.00-09.00	Swimming Club
09.00-10.00	Lane Swimming (half pool)
09.00-19.00	Public Swim
18.00-19.00	Lane Swimming (half pool)
19.00-21.00	Wadsad/swimming Club



swimming

WYCOMBE SPORTS CENTRE

Teaching Pool 25m Timetable

Monday

09.30-15.00	Aquazone Lessons (half pool)
10.00-15.45	Public Swim
16.00-19.00	Aquazone Lessons

Tuesday

09.30-12.00	Aquazone Lessons (half pool)
10.00-15.45	Public Swim
12.00-12.30	Pct (half Pool)
12.30-15.00	Aquazone Lessons (half pool)
16.00-19.00	Aquazone Lessons

Wednesday

09.30-11.00	Aquazone Lessons (half pool)
10.00-15.45	Public Swim
11.00-11.45	Water Babies (half pool)
12.30-14.30	Aquazone Lessons (half pool)
16.00-18.30	Aquazone Lessons
18.30-19.30	Swimming Club

Thursday

09.30-12.30	Aquazone Lessons (half pool)
10.00-12.30	Public Swim
12.30-14.30	Aquazone Lessons
14.30-15.45	Aquazone Lessons (half pool)
14.30-15.45	Public Swim
16.00-19.00	Aquazone Lessons

Friday

09.30-12.00	Aquazone Lessons
12.00-15.45	Public Swim
12.30-14.30	Aquazone Lessons (half pool)
16.00-19.00	Aquazone Lessons

Saturday

09.00-16.00	Aquazone Lessons
16.00-18.00	Public Swim

Sunday

09.00-18.00	Public Swim
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Rules For Your Safety

1. We highly recommend the use of swimming nappies for young children. These are available to purchase at all three centres - please ask at reception.
2. *Any public session before or after an Aquazone session will start/finish 5 minutes early to allow staff to prepare the pool appropriately.
3. Public access to the pools is not permitted during club and private sessions.
4. An adult of 16 years or over must accompany children under the age of 8 whilst using the swimming pool. For full details please see Child Admission Policy on page 6.

Lane Swimming : These sessions are for swimmers aged sixteen (16) or above.

Adults Only : These sessions are for swimmers aged sixteen (16) or above.

Super Splash/Fun Session : Sessions to music, floats and fun! These sessions differ from centre to centre but all guarantee plenty of fun! Look out for the special Super Splash Inflatable sessions. For more information contact reception.

WADSAD : A session for the Wycombe and District Sports Association for the Disabled. For more information please visit www.bucksinfo.net/wadsad

Sub Aqua : A session led by High Wycombe Sub Aqua Club. If you are interested in Scuba Diving visit www.wycombesubaqua.com

