

# Pools on the Park - Pool Programmes

Valid from 11 October 2021 onwards

| <b>MONDAY</b>                  |                      |                      |
|--------------------------------|----------------------|----------------------|
| <b>MAIN POOL</b>               | <b>TEACHING POOL</b> | <b>OUTDOOR POOL</b>  |
| 06:30 Lane swimming            | 10:30 Family Swim    | 06:30 Lane swimming  |
| 07:15 Lane swimming            | 11:30 Family Swim    | 07:30 Lane swimming  |
| 08:00 Lane swimming            | 12:30 Family Swim    | 08:30 Lane swimming  |
| 09:00 Over 60's Swim & Schools | 13:30 Family Swim    | 09:30 Over 60's Swim |
| 10:00 Lane swimming & Schools  | 14:30 Family Swim    | 10:30 Lane swimming  |
| 11:00 Lane swimming & Schools  |                      | 11:30 Lane swimming  |
| 12:00 Lane swimming            |                      | 12:30 Lane swimming  |
| 13:00 Lane swimming & Schools  |                      | 16:30 Lane swimming  |
| 14:00 Lane swimming & Schools  |                      | 17:30 Lane swimming  |
| 15:00 Lane swimming & Schools  |                      | 18:30 Lane swimming  |
| 16:00 General Swim             |                      |                      |
| 17:00 General Swim             |                      |                      |
| 18:00 Mixed Ability Lap Lanes  |                      |                      |
| 19:00 Mixed Ability Lap Lanes  |                      |                      |

| <b>TUESDAY</b>                         |                      |                      |
|--|----------------------|----------------------|
| <b>MAIN POOL</b>                       | <b>TEACHING POOL</b> | <b>OUTDOOR POOL</b>  |
| 06:30 Lane swimming                    | 10:30 Family Swim    | 06:30 Lane swimming  |
| 07:15 Lane swimming                    | 11:30 Family Swim    | 07:30 Lane swimming  |
| 08:00 Mixed Ability Lap Lanes          | 12:30 Family Swim    | 08:30 Lane swimming  |
| 09:00 Over 60's Mixed Ability Lap Lane | 13:30 Family Swim    | 09:30 Over 60's Swim |
| 10:00 Aquafit                          | 14:30 Family Swim    | 10:30 Lane swimming  |
| 11:00 Lane swimming & Schools          |                      | 11:30 Lane swimming  |
| 12:00 Lane swimming                    |                      | 12:30 Lane swimming  |
| 13:00 Lane swimming & Schools          |                      | 16:30 Lane swimming  |
| 14:00 Lane swimming & Schools          |                      | 17:30 Lane swimming  |
| 15:00 Lane swimming                    |                      | 18:30 Lane swimming  |
| 16:00 General Swim                     |                      | 19:30 Lane swimming  |
| 17:00 General Swim                     |                      |                      |
| 18:00 Mixed Ability Lap Lanes          |                      |                      |
| 19:00 Mixed Ability Lap Lanes          |                      |                      |
| 20:00 Lane Swimming                    |                      |                      |

| <b>WEDNESDAY</b>               |                      |                      |
|--------------------------------|----------------------|----------------------|
| <b>MAIN POOL</b>               | <b>TEACHING POOL</b> | <b>OUTDOOR POOL</b>  |
| 06:30 Lane swimming            | 10:30 Family Swim    | 06:30 Lane swimming  |
| 07:15 Lane swimming            | 11:30 Family Swim    | 07:30 Lane swimming  |
| 08:00 Lane swimming & Schools  | 12:30 Family Swim    | 08:30 Lane swimming  |
| 09:00 Over 60's Swim & Schools | 13:30 Family Swim    | 09:30 Over 60's Swim |
| 10:00 Lane swimming & Schools  | 14:30 Family Swim    | 10:30 Lane swimming  |
| 11:00 Lane swimming & Schools  |                      | 11:30 Lane swimming  |
| 12:00 Lane swimming & Schools  |                      | 12:30 Lane swimming  |
| 13:00 Lane swimming & Schools  |                      | 16:30 Lane swimming  |
| 14:00 Lane swimming & Schools  |                      | 17:30 Lane swimming  |
| 15:00 Lane swimming            |                      | 18:30 Lane swimming  |
| 16:00 General Swim             |                      |                      |
| 17:00 General Swim             |                      |                      |
| 18:00 Mixed Ability Lap Lanes  |                      |                      |
| 19:00 Mixed Ability Lap Lanes  |                      |                      |
| 20:00 Mixed Ability Lap Lanes  |                      |                      |

| <b>THURSDAY</b>                        |                      |                      |
|--|----------------------|----------------------|
| <b>MAIN POOL</b>                       | <b>TEACHING POOL</b> | <b>OUTDOOR POOL</b>  |
| 06:30 Lane swimming                    | 10:30 Family Swim    | 06:30 Lane swimming  |
| 07:15 Lane swimming                    | 11:30 Family Swim    | 07:30 Lane swimming  |
| 08:00 Mixed Ability Lap Lanes          | 12:30 Family Swim    | 08:30 Lane swimming  |
| 09:00 Over 60's Mixed Ability Lap Lane | 13:30 Family Swim    | 09:30 Over 60's Swim |
| 10:00 Aquafit                          | 14:30 Family Swim    | 10:30 Lane swimming  |
| 11:00 Lane swimming & Schools          |                      | 11:30 Lane swimming  |
| 12:00 Lane swimming                    |                      | 12:30 Lane swimming  |
| 13:00 Lane swimming & Schools          |                      | 16:30 Lane swimming  |
| 14:00 Lane swimming & Schools          |                      | 17:30 Lane swimming  |
| 15:00 Lane swimming & Schools          |                      | 18:30 Lane swimming  |
| 16:00 General Swim                     |                      | 19:30 Lane swimming  |
| 17:00 General Swim                     |                      |                      |
| 18:00 Mixed Ability Lap Lanes          |                      |                      |
| 19:00 Mixed Ability Lap Lanes          |                      |                      |
| 20:00 Aquafit                          |                      |                      |

| <b>FRIDAY</b>                          |                      |                      |
|--|----------------------|----------------------|
| <b>MAIN POOL</b>                       | <b>TEACHING POOL</b> | <b>OUTDOOR POOL</b>  |
| 06:30 Lane swimming                    | 10:30 Family Swim    | 06:30 Lane swimming  |
| 07:15 Lane swimming                    | 11:30 Family Swim    | 07:30 Lane swimming  |
| 08:00 Lane swimming & Schools          | 12:30 Family Swim    | 08:30 Lane swimming  |
| 09:00 Over 60's Mixed Ability Lap Lane | 13:30 Family Swim    | 09:30 Over 60's Swim |
| 10:00 Mixed Ability Lap Lane           | 14:30 Family Swim    | 10:30 Lane swimming  |
| 11:00 Lane swimming & Schools          |                      | 11:30 Lane swimming  |
| 12:00 Lane swimming                    |                      | 12:30 Lane swimming  |
| 13:00 Lane swimming & Schools          |                      | 16:30 Lane swimming  |
| 14:00 Lane swimming & Schools          |                      | 17:30 Lane swimming  |
| 15:00 Lane swimming                    |                      | 18:30 Lane swimming  |
| 16:00 General Swim                     |                      | 19:30 Lane swimming  |
| 17:00 General Swim                     |                      |                      |
| 18:00 Mixed Ability Lap Lanes          |                      |                      |
| 19:00 Mixed Ability Lap Lanes          |                      |                      |
| 20:00 Lane Swimming                    |                      |                      |

| <b>SATURDAY</b>                    |                      |                     |
|------------------------------------|----------------------|---------------------|
| <b>MAIN POOL</b>                   | <b>TEACHING POOL</b> | <b>OUTDOOR POOL</b> |
| 08:00 Mixed Ability Lap Lanes      | 10:30 Family Swim    | 07:30 Lane Swimming |
| 09:00 General Swim                 | 11:30 Family Swim    | 08:30 Lane swimming |
| 10:00 General Swim                 | 12:30 Family Swim    | 09:30 Lane swimming |
| 11:00 Lane swimming & Swim Lessons | 13:30 Family Swim    | 10:30 Lane swimming |
| 12:00 Lane swimming & Swim Lessons | 14:30 Family Swim    | 11:30 Lane swimming |
| 13:00 Lane swimming & Swim Lessons | 15:30 Family Swim    | 12:30 General Swim  |
| 14:00 Lane swimming                | 16:30 Family Swim    | 13:30 General Swim  |
| 15:00 Lane swimming                |                      | 14:30 Lane swimming |
| 16:00 General Swim                 |                      | 15:30 Lane swimming |
| 17:00 General Swim                 |                      | 16:30 Lane swimming |
|                                    |                      | 17:30 Lane swimming |

| <b>SUNDAY</b>       |                      |                     |
|---------------------|----------------------|---------------------|
| <b>MAIN POOL</b>    | <b>TEACHING POOL</b> | <b>OUTDOOR POOL</b> |
| 07:00 Lane swimming | 08:30 Family Swim    | 07:30 Lane swimming |
| 08:00 Lane swimming | 09:30 Family Swim    | 08:30 Lane swimming |
| 09:00 Lane swimming | 10:30 Family Swim    | 09:30 Lane swimming |
| 10:00 Lane swimming | 11:30 Family Swim    | 10:30 Lane swimming |
| 11:00 Lane swimming | 12:30 Family Swim    | 11:30 Lane swimming |
| 12:00 Lane swimming | 13:30 Family Swim    | 12:30 General Swim  |
| 13:00 Lane swimming | 14:30 Family Swim    | 13:30 General Swim  |
| 14:00 Lane swimming | 15:30 Family Swim    | 14:30 Lane swimming |
| 15:00 Lane swimming | 16:30 Family Swim    | 15:30 Lane swimming |
| 16:00 General Swim  |                      | 16:30 Lane swimming |
| 17:00 General Swim  |                      | 17:30 Lane swimming |