

## MAIN POOL

### MONDAY

<b>07.00-09.00</b>	Lane Swim
<b>09.30-10.30</b>	Adult Swimming Lessons
<b>10.30-12.30</b>	Lane Swim*
<b>12.30-13.15</b>	Active Aqua
<b>14.30-16.00</b>	Fifty Plus Swim
<b>18.50-20.00</b>	Public Swim
<b>20.00-21.30</b>	Lane Swim*

### TUESDAY

<b>10.00-11.00</b>	Lane Swim
<b>11.15-12.00</b>	Active Aquatic Cycling #
<b>12.15-13.15</b>	Lane Swim *
<b>14.30-16.00</b>	Lane Swim
<b>18.15-21.30</b>	Swimming Club

### WEDNESDAY

<b>07.00-09.00</b>	Lane Swim
<b>10.00-11.00</b>	Lane Swim
<b>10.15-11.00</b>	Active Aquatic Cycling #
<b>11.15-12.00</b>	Active Aquatic Cycling #
<b>12.15-13.15</b>	Lane Swim*
<b>15.00-16.00</b>	Fifty Plus Swim
<b>18.00-19.00</b>	Inflatable **
<b>19.15-21.00</b>	Swimming Club
<b>21.00-21.45</b>	Lane Swim*

### THURSDAY

<b>07.00-09.00</b>	Lane Swim
<b>10.20-11.20</b>	Lane Swim
<b>11.30-12.15</b>	Active Aqua
<b>12.20-13.20</b>	Lane Swim*
<b>15.30-16.10</b>	Public Swim
<b>20.00-21.00</b>	Lane Swim*
<b>21.00-22.00</b>	Scuba Diving Club

### FRIDAY

<b>07.00-09.00</b>	Lane Swim
<b>10.00-11.00</b>	Lane Swim *
<b>12.00-13.15</b>	Lane Swim
<b>15.15-16.00</b>	Fifty Plus Swim
<b>17.20-18.00</b>	Lane Swim
<b>18.15-19.15</b>	Inflatable **
<b>19.30-20.30</b>	Swimming Club
<b>20.30-21.30</b>	Lane Swim

### SATURDAY

<b>12.35-13.30</b>	Lane Swim*
<b>14.00-16.00</b>	Public Swim Float Fun
<b>17.30-19.30</b>	Available for hire

### SUNDAY

<b>08.15-09.15</b>	Lane Swim*
<b>09.15-10.00</b>	Fifty Plus Swim
<b>10.00-12.00</b>	Family Swim
<b>12.15-13.15</b>	Available for hire
<b>13.30-14.30</b>	Available for hire
<b>14.30-16.30</b>	Public Swim Float Fun
<b>16.30-18.30</b>	Swimming Club
<b>18.30-19.30</b>	Southwell Water Polo
<b>19.40-20.40</b>	Lane Swim*

### TEACHING POOL

#### MONDAY

<b>12.00-13.00</b>	Public Swim Float Fun
<b>14.00-15.00</b>	Public Swim Float Fun
<b>18.50-19.30</b>	Public Swim Float Fun

#### TUESDAY

<b>12.00-13.00</b>	Public Swim Float Fun
<b>14.30-15.30</b>	Public Swim Float Fun

### WEDNESDAY

<b>12.00-13.00</b>	Public Swim Float Fun
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### THURSDAY

<b>12.00-13.00</b>	Public Swim Float Fun
<b>18.50-19.30</b>	Public Swim Float Fun

### FRIDAY

<b>11.00-12.00</b>	Public Swim Float Fun
<b>18.50-19.30</b>	Public Swim Fun Swim

### SATURDAY

<b>12.45-13.45</b>	Available for hire
<b>14.00-16.00</b>	Public Swim Float Fun

### SUNDAY

<b>10.00-12.00</b>	Family Swim
<b>12.30-14.30</b>	Available for hire
<b>14.30-16.30</b>	Public Swim Float Fun
<b>17.30-18.30</b>	Southwell Water Polo

# Booking Essential

\* Swim 4 fitness available

Swim 4 Fitness is a fun, motivational swimming programme to help you plan and keep track of all of your swims.

\*\*Inflatable (8-13 years who can swim 50m+)

### Disability Statement:

As an IFI accredited site we are fully accessible to users with a disability. We have received funding through 'Aiming High' which has allowed us to provide a fully accessible wet-side changing area, including hoists for both pools.

Southwell Leisure Centre Trust have adopted the Local Authority 'Carer goes Free' Scheme