

## MONDAY

07.30 - 09.00	Early Birds**
09.00 - 11.00	50+ Swim
11.00 - 15.45	Public Swim*
16.00 - 18.00	Swimming Lessons
18.00 - 19.00	Public Swim*
19.00 - 20.00	Ladies Swim
20.00 - 22.00	Adult Swim

## TUESDAY

09.00 - 12.00	Public Swim*
12.00 - 13.00	Aqua Care
13.00 - 15.45	Public Swim*
16.00 - 18.00	Swimming Lessons
18.00 - 19.30	Swim Club (Lessons)
19.30 - 20.30	Aqua Aerobics
20.30 - 22.00	Adult Swim

## WEDNESDAY

07.30 - 09.00	Early Birds**
09.00 - 11.00	50+ Swim
11.00 - 15.45	Public Swim*
11.00 - 13.00	Aqua Babes/Pre-School Lessons
16.00 - 18.00	Swimming Lessons
18.00 - 19.15	Public Swim*
19.15 - 20.15	Aqua Aerobics

## THURSDAY

09.15- 10.15	Aqua Care
10.30 - 11.30	Aqua Care
11.30 - 15.45	Public Swim*
12.00 - 14.30	Puddle Ducks
16.00 - 18.00	Swimming Lessons
18.00 - 20.00	Public Swim*
20.00 - 22.00	Adult Swim

## FRIDAY

07.30 - 09.00	Early Birds**
09.00 - 10.30	50+ Swim
10.30 - 15.45	Public Swim*
16.00 - 18.00	Swimming Lessons
18.10 - 21.00	Family Fun Swim*

## SATURDAY

08.00 - 12.00	Swimming Lessons
12.00 - 19.00	Public Swim*

## SUNDAY

08.00 - 12.00	Swimming Lessons
12.00 - 18.00	Public Swim*

## CUSTOMER INFORMATION

Children's swimming lessons are available every day for all ages. Please speak to a Customer Adviser at Dukeries Leisure Centre for times and availability. Tel: 01623 862469

Normal pool ratios and admission policies apply.

Swimming parties are available, speak to a member of staff at South Forest for availability.

### KEY:

\* XP members can access free public swimming sessions when accompanied by a full paying adult.

\*\* Activo members can access free morning swims 07.30-09.00 on Monday, Wednesday and Fridays.

South Forest Complex  
Robin Hood Crossroads  
Clipstone Road  
Edwinstowe  
Nottinghamshire NG21 9JA  
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www.southforestcomplex.co.uk



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