

MAIN POOL

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

TEACHING POOL

MONDAY

12.00-13.00	Public Swim Float Fun
18.50-19.30	Public Swim Float Fun

TUESDAY

12.00-13.00	Public Swim Float Fun
14.30-15.30	Public Swim Float Fun

WEDNESDAY

12.00-13.00	Public Swim Float Fun
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THURSDAY

12.00-13.00	Public Swim Float Fun
18.50-19.30	Public Swim Float Fun

FRIDAY

11.00-12.00	Public Swim Float Fun
18.50-19.30	Public Swim Fun Swim

SATURDAY

12.45-13.45	Available for hire
14.00-16.00	Public Swim Float Fun

SUNDAY

10.00-12.00	Family Swim
12.30-14.30	Available for hire
14.30-16.30	Public Swim Float Fun
17.30-18.30	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 (Inclusive Fitness Initiative) 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