

# Southwell Swimming Pool Timetable

## Main Pool

### Monday

06.45 - 07.45	Laned Swim *
08.00 - 08.45	Laned Swim *
09.00 - 09.45	Laned Swim *
10.00 - 11.00	Disability/Public Swim
11.15 - 12.15	Laned Swim *
12.30 - 13.15	Active Aqua
13.30 - 14.30	Private Hire
14.45 - 15.30	Laned Swim *
15.45 - 18.45	Active Swimming Lessons
19.00 - 20.00	Laned Swim *
20.15 - 21.00	Laned Swim *

### Tuesday

06.45 - 07.45	Laned Swim *
08.00 - 08.45	Laned Swim *
09.00 - 09.45	Laned Swim *
10.00 - 11.00	Public Swim
11.15 - 12.00	Active Aquatic Cycle (pool shoes required)
12.15 - 13.00	Laned Swim *
13.15 - 15.15	Private Hire
15.45 - 18.45	Active Swimming Lessons
19.00 - 21.00	Southwell Swimming Club

### Wednesday

06.45 - 07.45	Laned Swim *
08.00 - 08.45	Laned Swim *
09.00 - 09.45	Laned Swim *
10.30 - 11.15	Active Aquatic Cycle (pool shoes required)
11.30 - 12.30	Laned Swim *
13.00 - 15.15	School Swimming
15.45 - 17.45	Active Swimming Lessons
18.00 - 19.00	Inflatable Swim **
19.30 - 20.30	Laned Swim *

## Main Pool

### Thursday

06.45 - 07.45	Laned Swim *
08.00 - 08.45	Laned Swim *
09.00 - 09.45	Laned Swim *
10.00 - 10.45	Disability/Public Swim
11.00 - 11.45	Active Aqua
12.00 - 13.00	Laned Swim *
13.30 - 15.00	School Swimming
15.45 - 16.15	1-2-1 Disability Lessons
15.45 - 18.45	Active Swimming Lessons
19.00 - 20.00	Laned Swim *
20.00 - 21.00	Staff Training

### Friday

06.45 - 07.45	Laned Swim *
08.00 - 08.45	Laned Swim *
09.00 - 10.00	Laned Swim *
11.00 - 12.00	Laned Swim *
12.15 - 13.00	Laned Swim *
13.15 - 15.00	School Swimming
15.15 - 15.45	1-2-1 Swimming Lessons
15.45 - 18.15	Active Swimming Lessons
18.30 - 19.30	Inflatable Swim **
19.45 - 20.30	Laned Swim *

### Saturday

07.45 - 08.45	Laned Swim *
09.00 - 12.30	Active Swimming Lessons
13.00 - 14.00	Available for children's pool parties
14.00 - 15.00	Public Swim
15.00 - 17.30	Active Swimming Lessons

### Sunday

07.45 - 08.30	Laned Swim *
08.45 - 09.45	Laned Swim *
10.00 - 11.00	Public Swim (floats provided)
11.15 - 12.15	Public Swim (floats provided)
12.30 - 13.30	Available for children's pool parties
13.45 - 15.00	Public Swim (floats provided)
15.15 - 16.15	Laned Swim *
16.30 - 17.30	Southwell Swimming Club

## Teaching Pool

### Monday

09.30 - 12.00	Active Swimming Lessons
12.15 - 13.15	Public Swim
13.30 - 15.00	Active Swimming Lessons
15.45 - 18.45	Active Swimming Lessons

### Tuesday

09.30 - 11.30	Active Swimming Lessons
12.15 - 13.15	Public Swim
13.30 - 15.00	Active Swimming Lessons
15.45 - 18.45	Active Swimming Lessons

### Wednesday

10.00 - 12.00	Active Swimming Lessons
12.15 - 13.15	Public Swim
13.30 - 15.00	Active Swimming Lessons
15.45 - 18.45	Active Swimming Lessons

### Thursday

10.30 - 12.00	Active Swimming Lessons
13.30 - 15.00	Active Swimming Lessons
15.45 - 18.45	Active Swimming Lessons

### Friday

09.30 - 11.30	Active Swimming Lessons
13.15 - 15.00	School Swimming
15.45 - 18.45	Active Swimming Lessons
19.00 - 20.00	Public Swim

### Saturday

08.30 - 13.00	Active Swimming Lessons
13.00 - 14.00	Available for children's pool parties
14.00 - 17.30	Active Swimming Lessons

### Sunday

08.30 - 10.00	Active Swimming Lessons
10.15 - 11.15	Public Swim
11.15 - 12.15	Public Swim
13.00 - 14.00	Available for children's pool parties
14.15 - 15.15	Public Swim
15.30 - 16.30	Public Swim

### CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

**KEY:** \*Must be able to swim 50m unaided  
 \*\*Height restrictions apply, max 1.7m and able to swim 25m on their front. Max age for inflatables 14yrs. Book and pay for sessions online on Leisure Hub. All pool sessions include customer changing, set up and take down time.