

## 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
18.30-20.30	Swimming Club
20.30-21.30	Lane Swim

### 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 **
19.15-20.15	Swimming Club
20.30-21.30	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

## 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

07.30-08.30	Lane Swim
12.35-13.35	Lane Swim
15.00-16.00	Public Swim Float Fun
17.35-18.20	Lane Swim

## SUNDAY

08.15-09.15	Lane Swim
09.15-10.00	Fifty Plus Swim
10.00-12.00	Family Swim
14.30-16.30	Public Swim Float Fun
16.30-18.30	Swimming Club
18.45-19.30	Lane Swim

## TEACHING POOL

### MONDAY

12.00-13.00	Public Swim Float Fun
14.00-15.00	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

14.00-16.00	Public Swim Float Fun
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## SUNDAY

10.00-12.00	Family Swim
14.30-16.30	Public Swim Float Fun

# 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