Southwell Swimming & Xperience Timetable

	Monday	
06.30 - 18.00	Junior Fitness - (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	3months - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
13.30 - 14.30	Active Swimming Lessons	3months - 4yrs
15.45 - 18.45	Active Swimming Lessons	3yrs - 8yrs
16.00 - 16.45	Active Gymnastics - Beginners	5yrs - 18yrs
16.00 - 17.00	Active Trampoline	5yrs - 7yrs
16.45 - 17.30	Active Gymnastics - Advanced Beginners	6yrs - 18yrs
17.00 - 18.00	Active Trampoline	8yrs - 15yrs
17.30 - 18.15	Active Gymnastics - Intermediate	8yrs - 15yrs
18.00 - 19.00	Active Trampoline	8yrs - 15yrs
18.15 - 19.00	Active Gymnastics – Advanced	8yrs - 15yrs
19.00 - 19.45	Public Swimming (with fun floats) ^	
	Tuesday	
06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	3months - 4yrs
09.30 - 12.00 12.15 - 13.15	Active Swimming Lessons Public Swimming (with fun floats) ^	3months - 4yrs
	_	3months - 4yrs 3yrs - 8yrs
12.15 - 13.15	Public Swimming (with fun floats) ^ Active Swimming Lessons	·
12.15 - 13.15 15.45 - 18.45	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday	3yrs - 8yrs
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*)	3yrs - 8yrs 13yrs+
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons	3yrs - 8yrs
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00 12.15 - 13.15	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons Public Swimming (with fun floats) ^	3yrs - 8yrs 13yrs+ 3months - 4yrs
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons	3yrs - 8yrs 13yrs+
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00 12.15 - 13.15	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons Public Swimming (with fun floats) ^	3yrs - 8yrs 13yrs+ 3months - 4yrs
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00 12.15 - 13.15	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons Public Swimming (with fun floats) ^ Active Swimming Lessons	3yrs - 8yrs 13yrs+ 3months - 4yrs
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00 12.15 - 13.15 15.45 - 18.45	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons Public Swimming (with fun floats) ^ Active Swimming Lessons Thursday	3yrs - 8yrs 13yrs+ 3months - 4yrs 3yrs - 8yrs
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00 12.15 - 13.15 15.45 - 18.45	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons Public Swimming (with fun floats) ^ Active Swimming Lessons Thursday Junior Fitness (Fitness Suite*)	3yrs - 8yrs 13yrs+ 3months - 4yrs 3yrs - 8yrs
12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00 12.15 - 13.15 15.45 - 18.45 06.30 - 18.00 09.30 - 12.00	Public Swimming (with fun floats) ^ Active Swimming Lessons Wednesday Junior Fitness (Fitness Suite*) Active Swimming Lessons Public Swimming (with fun floats) ^ Active Swimming Lessons Thursday Junior Fitness (Fitness Suite*) Active Swimming Lessons	3yrs - 8yrs 13yrs+ 3months - 4yrs 3yrs - 8yrs

Friday			
06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+	
09.30 - 12.00	Active Swimming Lessons	3months - 4yrs	
15.45 - 18.45	Active Swimming Lessons	3yrs - 8yrs	
16.00 - 16.45	Active Gymnastics - Beginners	5yrs - 15yrs	
16.00 - 17.00	Active Trampoline	5yrs - 7yrs	
16.45 - 17.30	Active Gymnastics – Advanced Beginners	6yrs - 15yrs	
17.00 - 18.00	Active Trampoline	8yrs - 15yrs	
17.30 - 18.15	Active Gymnastics - Intermediate	8yrs - 15yrs	
18.00 - 19.00	Active Trampoline	8yrs - 15yrs	
18.15 - 19.00	Active Gymnastics – Advanced	8yrs - 15yrs	
19.00 - 20.00	Public Swimming (with fun floats) ^		
Saturday			
	Saturday		
08.30 - 13.00	Saturday Active Swimming Lessons	3months - 8yrs	
08.30 - 13.00 09.00 - 14.30	•	3months - 8yrs 13yrs+	
	Active Swimming Lessons	•	
09.00 - 14.30	Active Swimming Lessons Junior Fitness (Fitness Suite*)	•	
09.00 - 14.30 13.00 - 14.00	Active Swimming Lessons Junior Fitness (Fitness Suite*) Available for children's parties	•	
09.00 - 14.30 13.00 - 14.00	Active Swimming Lessons Junior Fitness (Fitness Suite*) Available for children's parties	•	
09.00 - 14.30 13.00 - 14.00	Active Swimming Lessons Junior Fitness (Fitness Suite*) Available for children's parties Public Swimming (with fun floats) ^	•	
09.00 - 14.30 13.00 - 14.00 14.00 - 15.00	Active Swimming Lessons Junior Fitness (Fitness Suite*) Available for children's parties Public Swimming (with fun floats) ^ Sunday	13yrs+	
09.00 - 14.30 13.00 - 14.00 14.00 - 15.00	Active Swimming Lessons Junior Fitness (Fitness Suite*) Available for children's parties Public Swimming (with fun floats) ^ Sunday Junior Fitness (Fitness Suite*)	13yrs+	
09.00 - 14.30 13.00 - 14.00 14.00 - 15.00 09.00 - 14.30 10.15 - 11.15	Active Swimming Lessons Junior Fitness (Fitness Suite*) Available for children's parties Public Swimming (with fun floats) ^ Sunday Junior Fitness (Fitness Suite*) Public Swimming (with fun floats) ^	13yrs+	
09.00 - 14.30 13.00 - 14.00 14.00 - 15.00 09.00 - 14.30 10.15 - 11.15 11.15 - 12.15	Active Swimming Lessons Junior Fitness (Fitness Suite*) Available for children's parties Public Swimming (with fun floats) ^ Sunday Junior Fitness (Fitness Suite*) Public Swimming (with fun floats) ^ Public Swimming (with fun floats) ^	13yrs+	

CUSTOMER INFORMATION & KEY (WE ARE CLOSED BANK HOLIDAYS)

CLEANING PROGRAMME – All facilities and equipment cleaned throughout the day.

*JUNIOR FITNESS – 13yrs+. Juniors can access fitness suite outside of Junior Fitness times if accompanied by a responsible adult. An induction is required to use the fitness suite. Juniors cannot use the free weights without the additional free weights induction. Unlimited use.

SWIMMING - Swimming in the Teaching Pool only. Under 8's must be accompanied by a responsible adult aged 16yrs or over. The use of face masks and goggles is not permitted.

^ SAUNA OPEN

Timetable version: 14th October 2024