

Pool Programme Christmas 2018/19

Monday 17 th December 2018	
6:30am – 9.00am	Lane swim
12.00pm - 1:30pm	Lane swim
5:30pm – 7.00pm	Lane swim
8.30pm - 9:30pm	Lane swim
Tuesday 18 th December 2018	
6:30am – 10.00am	Lane swim
10.00am – 12.00pm	Public swim
12.00pm – 1.00pm	Aqua Zumba
1.00pm -2.30pm	Lane Swim
5.30pm – 7.00pm	Lane swim
8.30pm-9.30pm	Lane swim -3 lanes
Wednesday 19 th December 2018	
6:30am – 9.00am	Lane swim
9.00am – 10.00am	Public swim
12.00pm – 2.00pm	Lane Swim
2.00pm-3.00pm	Public Swim
3.00pm – 6.00pm	Lane swim
6.00pm – 7.00pm	Aqua aerobics
7.00pm - 8.00pm	Lane swim -3 lanes
9.00pm - 9:30pm	Lane swim -3 lanes
Thursday 20 th December 2018	
6:30am – 10.00am	Lane swim
11.00am-12.00pm	Public swim
12.00pm - 2:30pm	Lane swim
2:30pm – 3:30pm	Public swim
5.00pm – 6.00pm	Lane swim
6.00pm-8.00pm	Lane swim -3 lanes
Friday 21 st December 2018	
6:30am – 9.00am	Lane swim
9.00am – 10:30am	Public swim
10:30am – 11:30am	Parents and tots
11:30-am – 2.00pm	Lane swim
4.00pm – 5:30pm	Public swim
5.30pm - 9.30pm	Lane swim
Saturday 22 nd December 2018 –	
10.00am-12.00pm	Lane Swim
2.30pm- 4.00pm	Family Fun
4.00pm-5.30pm	Public Swim
Sunday 23 rd December 2018-	
10.00am-12.00pm	Lane Swim
12.30pm-2.00pm	Public Swim
2.00pm-3.30pm	Family Fun
4.00pm-5.30pm	Public swim
Monday 24 th December 2018 – Closed	
Tuesday 25 th December 2018 – Closed	
Wednesday 26 th December 2018 – Closed	

Pool Programme Christmas 2018/19

Thursday 27 th December 2018	
10.30am-2.00pm	Lane swim
2.30pm – 4.00pm	Public Swim
4.30pm – 5.30pm	Lane swim
Friday 28 th December 2018	
10.30am-2.00pm	Lane swim
2.30pm – 4.00pm	Public Swim
4.30pm – 5.30pm	Lane swim
Saturday 29 th December 2018	
10.00am – 1.30pm	Lane swim
2.00pm – 4.00pm	Public Swim
Sunday 30 th December 2018	
10.00am – 1.30pm	Lane swim
2.00pm – 4.00pm	Public swim
Monday 31 st December 2018-Closed	
Tuesday 1 st January 2019 – Closed	
Wednesday 2 nd January 2019 – Open as normal	

LANE SWIM ETIQUETTE

- 1 - Pick a lane that is swimming at your pace. We have Slow, Medium and Fast paced lanes.
- 2 - Swim in the appropriate direction. Either Clockwise (CW) or Anti-clockwise (ACW).
- 3 - Swim to the speed of the fastest swimmer in the lane, otherwise swap lane to a slower lane.
- 4 - Swimming should be continuous, no stopping in the middle of the lane.

POOL AND SAUNA ADVICE

- 1 - Always shower before using the pool or sauna.
- 2 - Always use a towel to sit or lie on in the sauna.
- 3 - The sauna is open during lane swimming and public swim sessions.
- 4 – Public swim sessions may be split into 1 hour length session (please check with reception)

**We would like to wish our customers a Merry Christmas
and a Happy New Year**