

# SWIMMING POOL PROGRAMME

From June 2022

		6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Monday	1 CW																	
	2 ACW																	
	3 CW																	
	4 ACW																	
	5 CW																	
	6 ACW																	
Tuesday	1 CW																	
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Wednesday	1 CW																	
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Thursday	1 CW																	
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Friday	1 CW																	
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Saturday	1 CW																	
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	5 CW																	
	6 ACW																	
Sunday	1 CW																	
	2 ACW																	
	3 CW																	
	4 ACW																	
	5 CW																	
	6 ACW																	

DOWNLOAD OUR APP  
AND BOOK NOW

	Lane swim		Aqua class		Parents and tots		Schools		Family fun		Kids parties							
	DMU Sport		Swim lessons		Public swim		DMU Active		Private bookings	(Private bookings and kids parties subject to availability)								



**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.
- 5 - No Overtaking - Wait at the end of your length and let faster swimmers pass.

**POOL GUIDELINES**

- 1 - All users to book sessions unless under 8 years of age. Maximum bather capacity differs per session.
- 2 - Sauna use during lane and public swim only. A lane or public swim must be booked to use the Sauna.
- 3 - Lane swim - Is open to competent swimmers who want to swim for fitness in a lane setting.
- 4 - Public swim - Is open to all swimmers, ages and abilities.
- 5 - Family Fun - A fun family session with floats and toys.
- 6 - Parents and Tots - Is for parents and young children under 5's.