

Term Time Time Table 2023/24

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm			
Monday	1	Lane Swim	Lane Swim	Maintenance	School Swim	School Swim	Lane Swim 12.15pm - 1.15pm	School Swim	Maintenance	Swimming lessons	Lane Swim 5.45pm	City of Leicester SC	Neptunes SC						
	2																		
	3																		
	4																		
	5																		
	6																		
Tuesday	1	Lane Swim	Lane Swim	Lane Swim	Public Swim	Maintenance	Public Swim	Lane Swim	Lane Swim	Lane Swim	Maintenance	Swimming lessons	Lane Swim 5.45pm	Neptunes SC	Swimming Lessons				
	2																		
	3																		
	4																		
	5																		
	6																		
Wednesday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	School Swim	School Swim	Maintenance	Lane Swim	Lane Swim	DMU Active	DMU Active	Lane Swim 4.30pm	Lane Swim 5.30pm	City of Leicester SC	Neptunes SC			
	2																		
	3																		
	4																		
	5																		
	6																		
Thursday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	School Swim	School Swim	Splash Dance 12.15pm	Maintenance	Lane Swim	Public Swim	Swimming Lessons	Maintenance	Lane Swim 5.30pm	Lane Swim 6.30pm	Braunstone SC	Maintenance		
	2																		
	3																		
	4																		
	5																		
	6																		
Friday	1	Lane Swim	Lane Swim	Lane Swim	Public Swim	Public Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Public Swim	Maintenance	Public Swim	Maintenance	Lane Swim	Neptunes SC			
	2																		
	3																		
	4																		
	5																		
	6																		
Saturday	1			Lane Swim	Maintenance	Swimming Lessons			Maintenance	Pool Party	Maintenance	Family Fun	Maintenance	Lane Swim	Lane Swim	Maintenance	Public Swim		
	2																		
	3																		
	4																		
	5																		
	6																		
Sunday	1			Lane Swim	Maintenance	Swimming Lessons			Maintenance	Public Swim	Maintenance	Family Fun	Maintenance	Lane Swim	Lane Swim	Maintenance	Public Swim		
	2																		
	3																		
	4																		
	5																		
	6																		
Programme Key		Lane Swim		Aqua Class		Private Bookings		Schools Swim		Family Fun		Pool Parties (Public Swim when no parties scheduled)							
		DMU Sport		Swim Lessons		Public Swim		DMU Active (Public Swim when no Active session programmed)			**Private bookings and Parties subject to availability**								

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 continuously 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.



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.

Vacation Time Table

Autumn half term Monday 16 October to Friday 20 October 2023 * Christmas and new year holiday Monday 25 December 2023 to Friday 5 January 2024

H	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm					
Monday	1	Lane Swim	Lane Swim	Maintenance	Public Swim	Public Swim	Lane Swim 12.15pm - 1.15pm	Public Swim	Maintenance	Swimming lessons	Lane Swim 5.45pm	City of Leicester SC	Neptunes SC								
	2																				
	3																				
	4																				
	5																				
	6																				
Tuesday	1	Lane Swim	Lane Swim	Lane Swim	Public Swim	Maintenance	Public Swim	Lane Swim	Lane Swim	Lane Swim	Maintenance	Swimming lessons	Lane Swim 5.45pm	Neptunes SC	Swimming Lessons						
	2																				
	3																				
	4																				
	5																				
	6																				
Wednesday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	Public Swim	Public Swim	Maintenance	Lane Swim	Lane Swim	Public Swim	Public Swim	Lane Swim 4.30pm	Lane Swim 5.30pm	City of Leicester SC	Neptunes SC					
	2																				
	3																				
	4																				
	5																				
	6																				
Thursday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	Public Swim	Public Swim 11.15am	Splash Dance 12.15pm	Maintenance	Lane Swim	Public Swim	Swimming Lessons	Maintenance	Lane Swim 5.30pm	Lane Swim 6.30pm	Braunstone SC	Maintenance				
	2																				
	3																				
	4																				
	5																				
	6																				
Friday	1	Lane Swim	Lane Swim	Lane Swim	Public Swim	Public Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Public Swim	Maintenance	Public Swim	Maintenance	Lane Swim	Neptunes SC					
	2																				
	3																				
	4																				
	5																				
	6																				
Saturday	1				Maintenance	Swimming Lessons			Maintenance	Pool Party	Maintenance	Family Fun	Maintenance	Lane Swim	Lane Swim	Maintenance	Public Swim				
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	5																				
	6																				
Sunday	1				Maintenance	Lane Swim	Maintenance	Swimming Lessons			Maintenance	Public Swim	Maintenance	Family Fun	Maintenance	Lane Swim	Lane Swim	Maintenance	Public Swim		
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* Spring half term Monday 19 February to Friday 23 February 2024 * Easter holidays Monday 25 March to Friday 5 April 2024 * Summer half term Monday 27 May to Friday 31 May 2024

* Summer holiday Monday 15 July 2024 to Friday 30 August 2024