

Term Time Time Table 2025/26

Version:Nov2024

		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 12:15-13:15	School Swim	Maintenance	Swimming lessons		Lane Swim 5.45pm	City of Leicester SC		Neptunes SC						
	2													Neptunes SC								
	3																					
	4																					
	5																					
	6																					
Tuesday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Maintenance	Swimming lessons		Lane Swim 5.45pm	Neptunes SC		Swimming Lessons					
	2														Neptunes SC							
	3																					
	4																					
	5																					
	6	Team Leicester																				
Wednesday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	School Swim	School Swim	Aquacise	Maintenance	Lane Swim	DMU Active	DMU Active	Lane Swim 4.30pm	Lane Swim 5.30pm	City of Leicester SC		Neptunes SC					
	2														Neptunes SC							
	3																					
	4																					
	5																					
	6																					
Thursday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	School Swim	School Swim	Maintenance	Lane Swim	Lane Swim	Open Swim	Swimming Lessons	Maintenance	Lane Swim 5.30pm	Lane Swim 6.30pm	Braunstone SC		Maintenance				
	2													City of Leicester SC								
	3																					
	4																					
	5																					
	6																					
Friday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Open Swim	Maintenance	Open 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	Maintenance	Open Swim	Maintenance	Lane Swim				
	2																					
	3																					
	4																					
	5																					
	6																					
Sunday	1				Lane Swim	Maintenance	Swimming Lessons		Maintenance	Open Swim	Maintenance	Family Fun	Maintenance	Lane Swim	Maintenance	Open Swim	Maintenance	Lane Swim				
	2																					
	3																					
	4																					
	5																					
	6																					
		6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm					
Programme Key		Lane Swim		Aqua Class		Private Bookings		Schools Swim		Family Fun		Pool Parties (Open Swim when no parties scheduled)										
		DMU Sport		Swim Lessons		Open Swim		DMU Active (Open 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 open swim only.** A lane or open 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 - Open 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

Version:Nov2024

Autumn half term Monday 21 October to Friday 25 October 2024 * Christmas and new year holiday Monday 23 December 2024 to Friday 6 January 2025

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm								
Monday	1	Lane Swim		Lane Swim	Maintenance	Open Swim	Open Swim	Lane Swim 12:15-13:15	Open Swim	Maintenance	Swimming lessons		Lane Swim 5.45pm	City of Leicester SC		Neptunes SC								
	2													Neptunes SC										
	3																							
	4																							
	5																							
	6																							
Tuesday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Maintenance	Swimming lessons		Lane Swim 5.45pm	Neptunes SC		Swimming Lessons							
	2														Neptunes SC									
	3																							
	4																							
	5																							
	6																							
Wednesday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	Open Swim	Open Swim	Aquacise	Maintenance	Lane Swim	Open Swim	Open Swim	Lane Swim 4.30pm	Lane Swim 5.30pm	City of Leicester SC		Neptunes SC							
	2														Neptunes SC									
	3																							
	4																							
	5																							
	6																							
Thursday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim		Open Swim	Swimming Lessons	Maintenance	Lane Swim 5.30pm	Lane Swim 6.30pm	Braunstone SC		Maintenance					
	2														City of Leicester SC									
	3																							
	4																							
	5																							
	6																							
Friday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Open Swim	Maintenance	Open 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	Maintenance	Open Swim	Maintenance	Lane Swim					
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	6																							
Sunday	1					Lane Swim	Maintenance	Swimming Lessons			Maintenance	Open Swim	Maintenance	Family Fun	Maintenance	Lane Swim	Maintenance	Open Swim	Maintenance	Lane Swim				
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	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm								
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*											

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