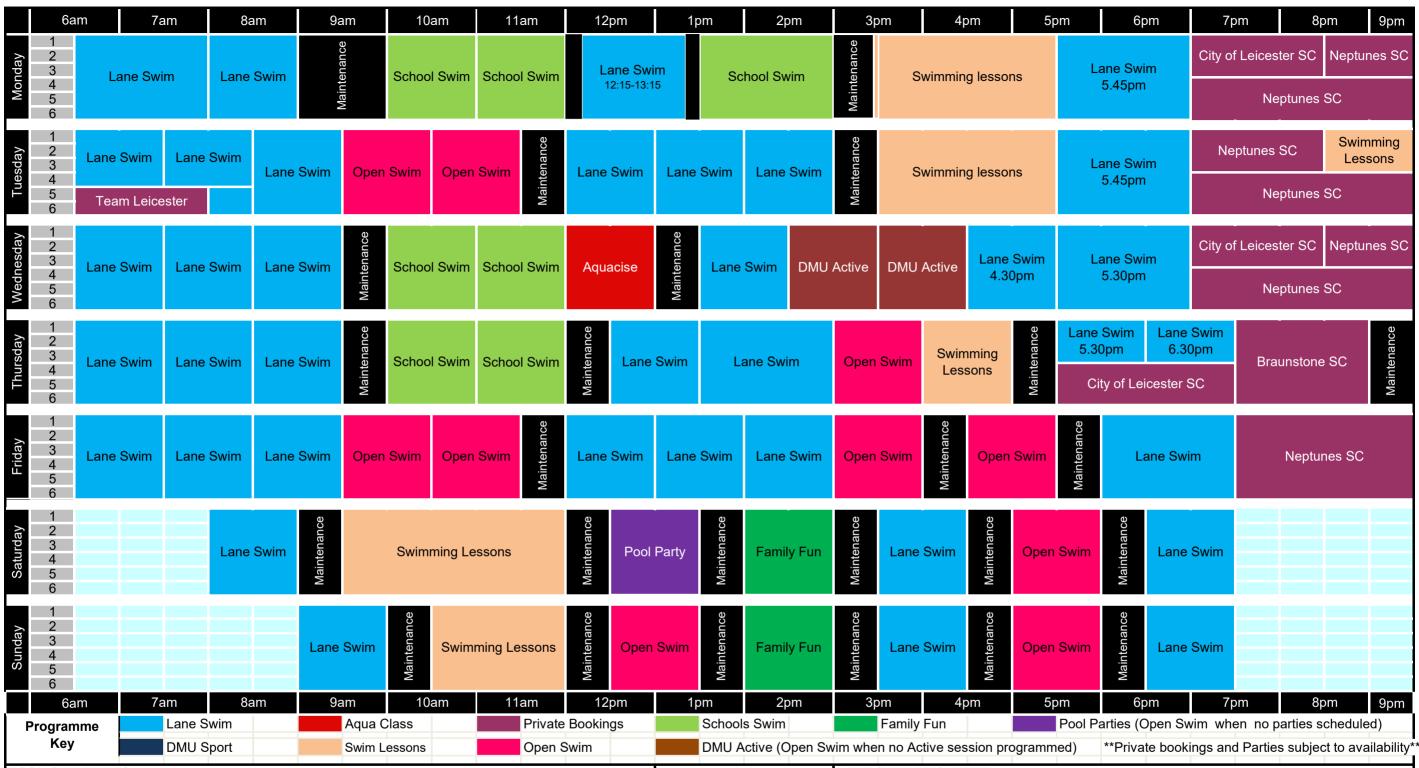
Term Time Time Table 2025/26



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

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

6aı	m 7a	am 8a	am 9a	ım 10am	11am	12pm	1pm	2pm	3pm	4p	m 5p	om 6pm	7pm 8 _l	om 9pm
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Program		Lane Swim		Aqua Class	Private	Bookings	School	s Swim	Fa	amily Fun		Pool Parties (Public S	wim when no parties	scheduled)
Key		DMU Sport	Swim Lessons F		Public	Swim DN		Active (Public Swim when no Active session programmed) **Private bookings and Parties subje				ct to availability**		
POOL GUID										VIM ETIQUET				
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