

# POOL PROGRAMME

		6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Monday	1 CW													Private Booking				
	2 ACW	Lane swimming			Maintenance	Schools	Lane Swimming	Schools	Swimming Lessons			Lane Swimming	Private Booking NEPTUNES	Sports Societies				
	3 CW	Lane swimming			Maintenance	Schools	Lane Swimming	Schools	Swimming Lessons			Lane Swimming	Private Booking NEPTUNES	Sports Societies				
	4 ACW	Lane swimming			Maintenance	Schools	Lane Swimming	Schools	Swimming Lessons			Lane Swimming	Private Booking NEPTUNES	Sports Societies				
	5 CW	Sports Societies			Maintenance	Schools	Lane Swimming	Schools	Swimming Lessons			Lane Swimming	Private Booking COLSC	Lane Swim				
	6 ACW	Sports Societies			Maintenance	Schools	Lane Swimming	Schools	Swimming Lessons			Lane Swimming	Private Booking COLSC	Lane Swim				
Tuesday	1 CW	Lane Swimming			Public Swim		12.15pm Aqua Zumba	Lane Swimming	Maintenance	Adult LTS	Swimming Lessons	Lane Swimming	Private Booking NEPTUNES	Adult LTS				
	2 ACW	Lane Swimming			Public Swim		12.15pm Aqua Zumba	Lane Swimming	Maintenance	Adult LTS	Swimming Lessons	Lane Swimming	Private Booking NEPTUNES	Adult LTS				
	3 CW	Lane Swimming			Public Swim		12.15pm Aqua Zumba	Lane Swimming	Maintenance	Adult LTS	Swimming Lessons	Lane Swimming	Private Booking NEPTUNES	Adult LTS				
	4 ACW	Lane Swimming			Public Swim		12.15pm Aqua Zumba	Lane Swimming	Maintenance	Adult LTS	Swimming Lessons	Lane Swimming	Private Booking COLSC	Sport Societies				
	5 CW	Lane Swimming			Public Swim		12.15pm Aqua Zumba	Lane Swimming	Maintenance	Adult LTS	Swimming Lessons	Lane Swimming	Private Booking COLSC	Sport Societies				
	6 ACW	Lane Swimming			Public Swim		12.15pm Aqua Zumba	Lane Swimming	Maintenance	Adult LTS	Swimming Lessons	Lane Swimming	Private Booking COLSC	Sport Societies				
Wednesday	1 CW	Lane Swimming		Public Swim	Maintenance	Schools	Lane Swimming		DMU Active Lane Swim	Sports Societies	Lane Swimming	6pm Aqua Aerobics	Lane Swimming	Private Booking NEPTUNES				
	2 ACW	Lane Swimming		Public Swim	Maintenance	Schools	Lane Swimming		DMU Active Lane Swim	Sports Societies	Lane Swimming	6pm Aqua Aerobics	Lane Swimming	Private Booking NEPTUNES				
	3 CW	Lane Swimming		Public Swim	Maintenance	Schools	Lane Swimming		DMU Active Lane Swim	Sports Societies	Lane Swimming	6pm Aqua Aerobics	Lane Swimming	Private Booking NEPTUNES				
	4 ACW	Lane Swimming		Public Swim	Maintenance	Schools	Lane Swimming		DMU Active Lane Swim	Sports Societies	Lane Swimming	6pm Aqua Aerobics	Lane Swimming	Private Booking COLSC *8.45pm finish	Lane Swim			
	5 CW	Sport Societies		Lane Swim	Maintenance	Schools	Lane Swimming		DMU Active Lane Swim	Sports Societies	Lane Swimming	6pm Aqua Aerobics	Lane Swimming	Private Booking COLSC *8.45pm finish	Lane Swim			
	6 ACW	Sport Societies		Lane Swim	Maintenance	Schools	Lane Swimming		DMU Active Lane Swim	Sports Societies	Lane Swimming	6pm Aqua Aerobics	Lane Swimming	Private Booking COLSC *8.45pm finish	Lane Swim			
Thursday	1 CW	Lane Swimming			Schools	Maintenance	Lane Swimming	Public Swim	Swimming Lessons	Lane Swimming	Lane Swimming	Private Booking COLSC	Private Booking BSC	Maintenance				
	2 ACW	Lane Swimming			Schools	Maintenance	Lane Swimming	Public Swim	Swimming Lessons	Lane Swimming	Lane Swimming	Private Booking COLSC	Private Booking BSC	Maintenance				
	3 CW	Lane Swimming			Schools	Maintenance	Lane Swimming	Public Swim	Swimming Lessons	Lane Swimming	Lane Swimming	Private Booking COLSC	Private Booking BSC	Maintenance				
	4 ACW	Lane Swimming			Schools	Maintenance	Lane Swimming	Public Swim	Swimming Lessons	Lane Swimming	Lane Swimming	Private Booking COLSC	Private Booking BSC	Maintenance				
	5 CW	Lane Swimming			Schools	Maintenance	Lane Swimming	Public Swim	Swimming Lessons	Lane Swimming	Lane Swimming	Private Booking COLSC	Private Booking BSC	Maintenance				
	6 ACW	Lane Swimming			Schools	Maintenance	Lane Swimming	Public Swim	Swimming Lessons	Lane Swimming	Lane Swimming	Private Booking COLSC	Private Booking BSC	Maintenance				
Friday	1 CW	Lane Swimming		Public Swim	Parents and Tots	Lane Swimming		Public Swim	Maintenance	Public Swim	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming				
	2 ACW	Lane Swimming		Public Swim	Parents and Tots	Lane Swimming		Public Swim	Maintenance	Public Swim	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming				
	3 CW	Lane Swimming		Public Swim	Parents and Tots	Lane Swimming		Public Swim	Maintenance	Public Swim	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming				
	4 ACW	Lane Swimming		Public Swim	Parents and Tots	Lane Swimming		Public Swim	Maintenance	Public Swim	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming				
	5 CW	Sports Societies		Lane Swim	Parents and Tots	Lane Swimming		Lane Swim	Maintenance	Lane Swimming	Lane Swimming	Private Booking COLSC	Sports Societies	DMU ACTIVE				
	6 ACW	Sports Societies		Lane Swim	Parents and Tots	Lane Swimming		Lane Swim	Maintenance	Lane Swimming	Lane Swimming	Private Booking COLSC	Sports Societies	DMU ACTIVE				
Saturday	1 CW			Lane Swimming*	Swimming Lessons finishes 12.15pm	Kids Parties	Maintenance	Family Fun	Public Swim	Maintenance	Public Swim							
	2 ACW			Lane Swimming*	Swimming Lessons finishes 12.15pm	Kids Parties	Maintenance	Family Fun	Public Swim	Maintenance	Public Swim							
	3 CW			Lane Swimming*	Swimming Lessons finishes 12.15pm	Kids Parties	Maintenance	Family Fun	Public Swim	Maintenance	Public Swim							
	4 ACW			Lane Swimming*	Swimming Lessons finishes 12.15pm	Kids Parties	Maintenance	Family Fun	Lane Swimming	Maintenance	Lane Swimming							
	5 CW			Lane Swimming*	Swimming Lessons finishes 12.15pm	Kids Parties	Maintenance	Family Fun	Lane Swimming	Maintenance	Lane Swimming							
	6 ACW			Lane Swimming*	Swimming Lessons finishes 12.15pm	Kids Parties	Maintenance	Family Fun	Lane Swimming	Maintenance	Lane Swimming							
Sunday	1 CW			Lane Swimming	Swimming Lessons finishes 12.15pm	Maintenance	Public Swim starts at 12.30pm	Family Fun	Maintenance	Public Swim	Maintenance	Public Swim						
	2 ACW			Lane Swimming	Swimming Lessons finishes 12.15pm	Maintenance	Public Swim starts at 12.30pm	Family Fun	Maintenance	Public Swim	Maintenance	Public Swim						
	3 CW			Lane Swimming	Swimming Lessons finishes 12.15pm	Maintenance	Public Swim starts at 12.30pm	Family Fun	Maintenance	Public Swim	Maintenance	Public Swim						
	4 ACW			Lane Swimming	Swimming Lessons finishes 12.15pm	Maintenance	Public Swim starts at 12.30pm	Family Fun	Maintenance	Public Swim	Maintenance	Public Swim						
	5 CW			Lane Swimming	Swimming Lessons finishes 12.15pm	Maintenance	Public Swim starts at 12.30pm	Family Fun	Maintenance	Lane Swimming	Maintenance	Lane Swimming						
	6 ACW			Lane Swimming	Swimming Lessons finishes 12.15pm	Maintenance	Public Swim starts at 12.30pm	Family Fun	Maintenance	Lane Swimming	Maintenance	Lane Swimming						

- Lane swimming
- Aqua aerobics
- Parents and tots
- Women's swim
- Family fun
- Kids parties
- DMU Active
- Sports societies
- Swim lessons
- Public swim
- Adults LTS
- Private bookings
- Schools

### 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.