

SWIMMING POOL TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 08.00	Leisure Club & Swimming Pool Open at 08.00
09.30 - 10.15 Aqua Fit 14 yrs+ £5*	13.00 - 14.00 Adult Only Swim 16 yrs+ FREE	10.30 - 12.00 Turtles Little Squirts Swim School** To book call 07975 682142	13.00 - 14.00 Adult Only Swim 16 yrs+ FREE	09.15 - 10.00 Aqua Fit 14 yrs+ £5*	09.00 - 12.00 Turtles Little Squirts Swim School** To book call 07975 682142	12.00 - 13.00 Splash Time All ages FREE
10.30 - 12.00 Turtles Little Squirts Swim School** To book call 07975 682142	18.30 - 19.15 Aqua Fit 14 yrs+ £5* Closes at 22.00	13.00 - 14.00 Adult Only Swim 16 yrs+ FREE	18.30 - 19.15 Aqua Fit 14 yrs+ £5* Closes at 22.00	10.30 - 12.00 Turtles Little Squirts Swim School** To book call 07975 682142	12.00 - 13.00 Splash Time All ages FREE Closes at 19.00	18.40 - 19.40 Adult Swimming Lessons 16 yrs+ £6 Closes at 19.00
13.00 - 14.00 Adult Only Swim 16 yrs+ FREE		16.00 - 18.30 Turtles Little Squirts Swim School** To book call 07975 682142 Closes at 22.00		13.00 - 14.00 Adult Only Swim 16 yrs+ FREE		
16.00 - 18.30 Turtles Little Squirts Swim School** To book call 07975 682142 Closes at 22.00				16.00 - 18.30 Turtles Little Squirts Swim School** To book call 07975 682142 Closes at 21.00		

*£4.00 for Leisure Club members

**Term time only. Amended times are applicable during school holidays - please enquire at reception

Times and activities are subject to change, please check at the Leisure Club reception

For Water Walkerz, Snorkelling, Sea Scooters and other water based activities please refer to the GO Active Schedule on the notice board in the Leisure Club.

Last admission to the Leisure Club is 45 minutes prior to closing.

Although the pool will be open during activities and swimming lessons, swimming will be restricted to the middle of the pool. Please note that it could be busy during these times.

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Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 08.00	Leisure Club & Swimming Pool Open at 08.00
09.30 - 13.00 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432	08.30 - 09.25 Fitness Pilates Instructor Sue Trimmer 16 yrs+ £5	09.30 - 10.25 Fit for Life Instructor Sue Trimmer 16 yrs+ £5	08.30 - 09.25 Fitness Pilates Instructor Sue Trimmer 16 yrs+ £5	09.30 - 10.25 Fab Fit Friday Instructor Sue Trimmer 16 yrs+ £5	09.45 - 12.30 FSK Karate Club Instructor Paul Simmons Please call to book 07970 686054	Short Mat Bowls Set up upon request FREE
18.30 - 19.30 Kettlebells Circuits (Beginners) Instructor Mary Dawkins Please book in advance 16 yrs+ £5	09.30 - 10.25 Fitness Pilates Instructor Sue Trimmer 16 yrs+ £5	10.45 - 11.40 Fitness Yoga Instructor Sue Trimmer 16 yrs+ £6	09.30 - 10.25 Cardio Attack Instructor Sue Trimmer 16 yrs+ £5	10.30 - 11.15 Dance Fit Instructor Sue Trimmer 16 yrs+ £5		
	10.30 - 11.25 Legs, Bums & Tums Instructor Sue Trimmer 16 yrs+ £5	11.50 - 12.50 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432	10.30 - 11.25 Fitness Pilates Instructor Sue Trimmer 16 yrs+ £5	18.30 - 19.15 Full Body Endurance Instructor Dan 16 yrs+ £5		
	18.00 - 18.55 Power Yoga Instructor Sue Trimmer 16 yrs+ £5	13.00 - 14.00 Kettlebells Circuits (Intermediate & Advanced) Instructor Mary Dawkins Please book in advance 16 yrs+ £5	11.30 - 12.30 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432	19.30 - 20.30 Zumba Fitness Instructor Molly 16 yrs+ £5		
	19.00 - 19.55 Fitness Pilates Instructor Sue Trimmer 16 yrs+ £5	18.00 - 19.30 Hatha Yoga Instructor Deborah Morris 16 yrs+ £5	14.30 - 15.30 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432			
	20.00 - 20.55 Step & Tone Instructor Sue Trimmer 16 yrs+ £5	20.00 - 20.45 Fit Fix Instructor Sue Trimmer 16 yrs+ £5	18.00 - 18.55 Fitness Pilates Instructor Sue Trimmer 16 yrs+ £5			
			19.00 - 19.45 Super Circuits Instructor Sue Trimmer 16 yrs+ £5			
			20.00 - 20.45 Fitball Instructor Sue Trimmer 16 yrs+ £5			



For Go Active please refer to the schedule on the notice board in the Leisure Club.

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LEISURE CLUB TIMETABLE