



# POOL ACTIVITIES



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
11:00	FAMILY SWIM	10:00	AQUA	11:00	FAMILY SWIM	10:00	JPP	9:00	WATER BABIES	9:00	AQUA	8:30	WATER BABIES
12:00		10:45		12:00		11:00		13:30		9:45		12:30	
15:00	SCHOOL SWIMMING	11:00	FAMILY SWIM	14:00	FAMILY SWIM	11:00	FAMILY SWIM	11:00	FAMILY SWIM	10:00	SWIMMING LESSONS	9:00	SWIMMING LESSONS
16:00		12:00		17:00		12:00		12:00		12:00		14:30	
14:00	FAMILY SWIM	11:30	JPP	16:00	SWIMMING LESSONS	12:30	AQUA	14:00	FAMILY SWIM	11:00	FAMILY SWIM	11:00	FAMILY SWIM
17:00		12:30		18:30		13:15		17:00		12:00		12:00	
16:00	SWIMMING LESSONS	14:00	JPP			15:00	SCHOOL SWIMMING	15:30	SWIMMING LESSONS	14:00	FAMILY SWIM	14:00	FAMILY SWIM
19:30		15:00				16:00		19:00		17:00		17:00	
		13:30	SCHOOL SWIMMING			14:00	FAMILY SWIM						
		14:30				17:00							
		15:00	SCHOOL SWIMMING			16:00	SWIMMING LESSONS						
		16:00				19:00							
		14:00	FAMILY SWIM										
		17:00											
		16:00	SWIMMING LESSONS										
		19:00											

<b>FAMILY SWIM</b>	A designated session for family swims. Children aged 15 and under must be supervised by an adult at all times.	<b>WATER BABIES</b>	Lessons for 0-2 year olds taken by Water Babies <a href="http://www.waterbabies.co.uk">www.waterbabies.co.uk</a>
<b>AQUA</b>	A fitness class in the pool where the resistance of the water makes the calorie burning and muscle toning exercises highly effective.	<b>JPP</b>	Joint pain classes taken by our JPP instructors Jadrian and Oliva Please ask reception for more information and how to apply
<b>SWIMMING LESSONS</b>	Our Nuffield Health swimming lessons for all ages. Please ask reception for more details on how to start your swimming journey	<b>SCHOOL SWIMMING</b>	Swimming lessons with local schools