POOL ACTIVITIES

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

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