

Pool activity schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
10:45am-11:30am	Aqua (3 Lanes)	12pm-12:30pm	SwimFit (1 Lane)	10am-10:45am	Aqua (3 Lanes)			1pm-1:45pm	Aqua Zumba (3 Lanes)	10am-10:45am	Aqua (Full Pool)		
2pm-5pm	Family Swim (2 Lanes)	2pm-5pm	Family Swim (2 Lanes)	2pm-5pm	Family Swim (2 Lanes)	2pm-5pm	Family Swim (2 Lanes)	2pm-5pm	Family Swim (2 Lanes)	2pm-5pm	Family Swim (2 Lanes)	2pm-5pm	Family Swim (2 Lanes)
2pm-6:30pm	Kids Swim School (2 Lanes)	2pm-6:30pm	Kids Swim School (2 Lanes)	2pm-6:30pm	Kids Swim School (2 Lanes)	2pm-6:30pm	Kids Swim School (2 Lanes)	2pm-6:30pm	Kids Swim School (2 Lanes)	1pm-5pm	Kids Swim School (2 Lanes)	1pm-6pm	Kids Swim School (2 Lanes)

Please note: Between 2pm – 5pm we cannot guarantee a lane for adult lane swimming.

Class	Description
Kids Swim School	Join Nuffield Narwhal on his swimming journey around the World! Our swim school follows the ASA Learn to Swim pathway and all instructors are ASA qualified. Ask reception for more details.
Family Swim	A designated session for family swims. Please book your session at reception.
Aqua Circuits and SwimFit	Each session provides an alternative way to work out, improve fitness and reach targets in a social environment. SwimFit and Aqua Circuit sessions offer structured and varied workouts for all abilities.
Aqua Aerobics	A fitness class in the pool where the resistance of the water makes the calorie burning and muscle toning exercises highly effective.



Adults are welcome to use the family lane between **2pm – 5pm** with due consideration.

Pool opening times:

Monday to Friday **6:30am – 9:30pm**
Saturday and Sunday **8am – 7:30pm**