

Swim board information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:45 – 11:30 Aqua Whole Pool Lane Swimming CLOSED	12:30 – 13:00 Swim Fit 1 LANE		10:00 – 10:45 Aqua 3 LANES		10:00 – 10:45 Aqua Whole Pool Lane Swimming CLOSED	09:45 – 10:30 Aqua Whole pool Lane Swimming 1 LANE
14:00 – 17:00 Family Swim 2 LANES	14:00 – 17:00 Family Swim 2 LANES	14:00 – 17:00 Family Swim 2 LANES	14:00 – 17:00 Family Swim 2 LANES	14:00 – 17:00 Family Swim 2 LANES	14:00 – 17:00 Family Swim 2 LANES	14:00 – 17:00 Family Swim 2 LANES
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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
Adult Swim	We offer a full range of adult lessons, both group and private level. Whether you are learning for the first time or just want to be a strong swimmer. Ask at reception for more details.
SwimFit	Each class provides an alternative way to work out, improve fitness and reach targets in a social environment. Guided by ASA trained, fully qualified instructor, Swimfit offers a structured workout for all abilities.
Aqua	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** and **5pm** with due consideration

Pool Opening times:
 Monday to Thursday **6:30-22:00**
 Friday **6:30-21:30**
 Saturday and Sunday **8:00-20:00**