Timetable

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| **Become a Member Today** |

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**April 13th – September 29th 2024**



2024 Season

Session Description

**Open Sessions:** Enjoy both our heated pools and the grass areas for you to relax and enjoy throughout your open session. Open Sessions are usually 3 hours long so enough time for you to swim, play, snack and relax in our beautiful site. You can also double up and stay for the following session if you wanted to make a day of this. We always have a lane in this session for people to be able to swim and they are sometimes quieter than lane swims or early birds. Every weekend and school holiday there will be 2 open sessions, there will also be an open session after school. Every Sunday Morning you will also have the chance to enjoy Sid the Sub from 10:00 – 11:30 in the Main pool. Sessions Generally run 10:00 – 13:00 and 13:30 – 16:30 during weekends and school holidays.

**Adult £8, Junior £5.50 Family (2+2) £21.50, Under 3’s are FREE**

**Early Birds:** **ADULT ONLY** lane swimming sessions every Mon, Wed and Fri morning. Don’t forget on a Wednesday morning we will also have our breakfast option of croissants in the marquee.

**Mon & Wed 6:30 – 9:30 Fridays 6:30 – 8:30 Adult £8**

**Late Swallows:** **ADULT ONLY** lane swimming sessions every **Tuesday and Thursday evening from 7-9pm.** Tuesday Evenings from 7-8 will also include 1 lane for adult swim coaching if you would like to improve your technique. Don’t forget on Thursday evenings we have a social drink and nibbles. **Adult £8**

**Lane Swims:** For swimmers who can continuously swim 25m lengths in the main pool. Lanes will be in and swimmers should swim in a suitable speed lane. The Lifeguard may ask swimmers to change lanes if their stroke or speed is better suited to a different lane. **Adult £8, Junior £5.50**

**Just Water & Me:** *A relaxed session for people to enjoy the water, develop confidence and take their time to swim lengths with the chance to rest in between.* **Adult £8, Junior £5.50**

**Send Sessions:** A fully inclusive and relaxed session for families to enjoy a relaxed sessions with other SEND Families. **EVERY SUNDAY MORNING FROM 9-10AM Adult £8, Junior £5.50, Family (2+2) £21.50, Under 3’s are FREE**

**(Carer goes in free with paying swimmer).**

**Toddler Sessions:** the small pool will be open for these sessions for families to enjoy splash play and relaxing on the grass areas. The main pool will be in used for school swimming during the term time for these sessions.

**EVERY TUESDAY AND WEDNESDAY DURING TERM TIME FROM 10-12 Adult £8, Junior £5.50 Family (2+2) £21.50, Under 3’s are FREE**

**Sat Morning Swim Lessons:**

BeginnersFor Swimmers who have little to no water confidence / experiences. Swimmers will need swimming aids to help them and have little to no swimming technique. **EVERY SAT MORNING FROM 8:30-9 £10.50 per lesson**

Intermediate for Children who are confident in the water, happy to swim with their face in the water and can swim 5 - 10 m **EVERY SAT MORNING FROM 9-9:30 £10.50 per lesson**

AdvancedFor children who can swim 10 - 25m and would like to work on different strokes and techniques to improve strokes **EVERY SAT MORNING FROM 9-9:30 £10.50 per lesson**

1-1 Swimming lessonssuitable for anyone wanted to develop their swimming individually **£25**

2-1 Swimming lessonssuitable for anyone wanted to develop their swimming with another individual of a similar ability **£35**

**Aqua Aerobics:** *Join* Emma for a water-based workout **every Tuesday at 9am and Wednesday at 6:15pm £8.**

**Memberships:**

Pay as you go Member: ‘pay as you go’ membership where you pay **£60 for adults, £27.50 for juniors** and then you receive half price swims and £2 saving for instructor led activities (Aqua, swimming lessons and Rookies)

GOLD Member: pay 1 fee and then you enjoy FREE swimming during the 2024 Summer season, along with priority entry, so even if its fully booked online you will be allowed access. This membership is best for people who swim more than twice a week. **Adult £170, Junior £110, Family (2+2) £360** you will also receive half price on all instructor led activities (Aqua, swimming lessons and Rookies).

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| Saturday 13th April | |
| Open Session | 10:00-13:00 |
| Open session | 13:30-16:30 |
| Lane Swim | 17:00-18:00 |

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| **Sunday 14th April** | |
| **Send session** | **9:00-10:00** |
| **Sid the sub & Open session** | **10:00- 13:00** |
| **Open session** | **13:30-16:30** |
| **Lane Swim** | **17:00-18:00** |

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| **Monday 15th April** | |
| **Early bird** | **6:30-9:30** |
| **Open Session** | **9:30-12:30** |
| **Lane Swim** | **13:00-14:00** |
| **Just water & Me** | **14:15-15:15** |
| **Open Session** | **15:30-7:30** |
| **Lane Swim** | **18:30-19:30** |

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| Tuesday 16th April | |
| Lane Swim | 7:30-8:30 |
| Aqua Aerobics | 9:00-9:45 |
| Open Session | 10:00-13:00 |
| Just Water & Me | 14:30-15:30 |
| Open Session | 15:30-18:00 |
| Water Polo | 18:00-19:00 |
| Late Swallows | 19:00-21:00 |

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| **Wednesday 17th April** | |
| **Early Birds** | **6:30-9:30** |
| **Lane Swim** | **13:00-14:00** |
| **Just Water and Me** | **14:15-15:15** |
| **Open session** | **15:30-18:00** |
| **Aqua Aerobic** | **18:15-19:00** |

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| Thursday 18th April | |
| Lane Swim | 7:30-8:30 |
| Lane Swim | 12:00-13:30 |
| Open Session | 15:30-18:00 |
| Late Swallows | 19:00-21:00 |

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| Friday 19th April | |
| Early Birds | 6:30-8:30 |
| Lane Swim | 12:00-13:00 |
| Open Session | 15:30-18:00 |
| Lane Swim | 18:30-19:30 |

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| Saturday 20th April | |
| Open Session | 10:00-13:00 |
| Open session | 13:30-16:30 |
| Lane Swim | 17:00-18:00 |

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| Sunday 21st April | |
| Send Session | 9:00-10:00 |
| Sid the sub & Open Session | 10:00-13:00 |
| Open Session | 13:30-16:30 |
| Lane Swim | 17:00-18:00 |

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| Monday 22nd April | |
| Early Birds | 6:30-9:30 |
| Just water & Me | 9:45-10:45 |
| Open Session | 12:15-15:15 |
| Open Session | 15:30-18:30 |
| Lane Swim | 18:45-19:45 |

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| Tuesday 23rd April | |
| Lane Swim | 7:30-8:30 |
| Aqua Aerobics | 9:00-9:45 |
| Open Session | 10:00-13:00 |
| Open Session | 15:00-18:00 |
| Water Polo | 18:00-19:00 |
| Late Swallows | 19:00-21:00 |

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| Wednesday 24th April | |
| Early Birds | 6:30-9:30 |
| Open Session | 9:30-12:30 |
| Lane Swim | 12:30-13:30 |
| Just Water & Me | 13:45-14:45 |
| Open Session | 15:00-18:00 |
| Aqua Aerobics | 18:15-19:00 |

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| Thursday 25th April | |
| Lane Swim | 7:30-8:30 |
| Lane Swim | 12:00-13:00 |
| Open Session | 15:30-18:30 |
| Late Swallows | 19:00-21:00 |

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| Friday 26th April | |
| Early Birds | 6:30-8:30 |
| Lane Swim | 12:00-13:00 |
| Open Session | 15:30-18:30 |
| Lane Swim | 18:45-19:45 |

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| Saturday 27th April | |
| Lane Swim | 8:30-9:30 |
| Open Session | 10:00-13:00 |
| Open Session | 13:30-16:30 |
| Lane Swim | 17:00-18:0 |

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| Sunday 28th April | |
| Send Sessions | 9:00-10:00 |
| Sid the Sub & Open Session | 10:00-13:00 |
| Open Session | 13:30-16:30 |
| Lane swim | 17:00-18:00 |

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| Monday 29th April | |
| Early Birds | 6:30-9:30 |
| Just Water & Me | 9:45-10:45 |
| Quick Dip Lane Swim | 12:00-12:45 |
| Just Water & Me | 14:15-15:15 |
| Open Session | 15:30-18:30 |
| Lane Swim | 19:00-20:00 |

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| Tuesday 30th April | |
| Lane Swim | 7:30-8:30 |
| Aqua Aerobics | 9:00-9:45 |
| Lane Swim | 12:00-12:15 |
| Just water & Me | 14:30-15:30 |
| Open session | 15:00-18:00 |
| Water Polo | 18:00-19:00 |
| Late Swallows | 19:00-21:00 |