

# Waterside Pool programme from September 2011

Day	Morning						Afternoon				Evening		
Monday	Lane swim 6.30 to 8am	Casual <b>8am to 12 noon</b>				Lane swim <b>12 noon to 1pm</b>	School swimming <b>1pm to 2.30pm</b>	Lessons 3.30 to 7pm Casual <b>2.30 to 7pm</b>			Closed		
Tuesday	Closed	Lane swim 8 to 9am	Casual 9 to 9.30am	50+ Aquafit 9.30 to 10.15am	Aquafit 10.15 to 11am	Casual 11am to 12.15pm	Lane swim 12.15 to 1.15pm	School swimming 1.15 pm to 2.45pm  (Pool and changing rooms closed to the public during school swimming)	Lessons 3.30 to 6pm*			Adults 6 to 7.30pm	Closed
Wednesday	Lane swim 6.30 to 8am	Casual 8am to 12.15pm				Lane swim 12.15 to 1.15pm	Casual 2.45 to 4pm		Closed for lessons	Casual 5 to 6pm	Aquafit 7 to 7.45pm		
Thursday	Closed		Aquafit 9.30 to 10.15am	Aquafit 10.15 to 11am	Casual 11am to 12.15pm	Lane swim 12.15 to 1.15pm	Lessons 3.30 to 6pm Casual 2.45 to 7pm			Adults only 6.30 to 7.30pm	Closed		
Friday	Lane swim 6.30 to 8am	Casual 8 to 9.30am	50+ Aquafit 9.30 to 10.15am	Aquafit 10.15 to 11am	Casual 11am to 12.15pm	Lane swim 12.15 to 1.15pm	Lessons 3.30 to 6.30pm** Casual 2.45 to 4pm    Closed for lessons    Casual 5 to 6.30pm			Closed			
Saturday	Closed	Lessons 8.30 to 1.30pm			Lessons Casual 11.30am to 1.30pm		Fun session 1.30 to 2.30pm	Lane swim 2.30 to 3.30pm	Cormorants 3.30 to 4.30pm	Closed			
Sunday	Closed		Lessons 9.30 to 1.30pm Casual 9am to 1.30pm			Fun session 1.30 to 2.30pm	Lane swim 2.30 to 3.30pm	Closed					



Adult £3.15    Water workout    £4.40  
Junior £1.70



All times are correct at the time of print and are subject to change. Separate programmes will be issued for all school holidays



24 hours' notice to be given when cancelling any class or course.  
Aquafit sessions must be pre-booked.

Sessions are subject to change between 1.15pm and 2.45pm during school swimming

\* Two lanes only 3.30 to 4pm

\*\* Two lanes only 3.30 to 4pm & 6 to 6.30pm

**Waterside Pool**  
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