

Brighthouse Swimming Pool - 15 February to 21 February 2016

Main Pool

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	
Monday	7.00 – 9.00am Lane Swimming 7.00-8.00 4 lanes 8.00-9.00 3 lanes				9.00 – 11.00am Swim for All				11.00am – 12.00pm Aqua Fit		12.00 – 1.15pm Lane Swimming Pool cleared 1.15pm			1.30 – 2.45pm Fun Swim Pool cleared at 2.45pm			3.00 – 6.30pm Swim for All						5.00 – 6.30pm Length Swimming		6.30 – 7.30pm Lane Swimming		7.30 - 9.00 Swimming Club		
Tuesday	7.00-8.00am Swim Fit +		9.00am – 12.00pm Swim for All				12.00 – 1.15pm Lane Swimming Pool cleared 1.15pm			1.30 – 2.45pm Fun Swim Pool cleared at 2.45pm			3.00 – 7.00pm Swim for All						5.00 – 7.00pm Length Swimming		7.00 – 8.00pm Aqua Fit		8.00-9.00 Swimming Club						
Wednesday	7.00 – 9.00am Lane Swimming 7.00-8.00 4 lanes 8.00-9.00 3 lanes				9.00am – 12.00pm Swim for All				12.00 – 1.15pm Lane Swimming Pool cleared 1.15pm			1.30 – 2.45pm Fun Swim Pool cleared at 2.45pm			3.00 – 4.00pm Aqua Fit		4.00 – 7.00pm Swimming Lessons						7.00 – 8.00pm Stroke Skills		8.00 – 9.00pm Swim Fit +				
Thursday	7.00 – 9.00am Lane Swimming 7.00-8.00 4 lanes 8.00-9.00 3 lanes				9.00am – 12.00pm Swim for All				12.00 – 1.15pm Lane Swimming Pool cleared 1.15pm			1.30 – 2.45pm Fun Swim Pool cleared at 2.45pm			3.00 – 6.00pm Swim for All						5.00 – 6.00pm Length Swimming		6.00 – 7.00pm Aqua Fit		7.00 – 8.00pm Lane Swimming		8.00 – 9.00pm Swimming Club		
Friday	7.00 – 9.00am Lane Swimming 7.00-8.00 4 lanes 8.00-9.00 3 lanes				9.00 – 11.00am Swim for All				11.00am – 12.00pm Aqua Fit		12.00 – 1.15pm Lane Swimming Pool cleared 1.15pm			1.30 – 2.45pm Fun Swim Pool cleared at 2.45pm			3.00 – 7.30pm Swim for All						5.00 – 7.30pm Length Swimming		7.30 – 9.00 Swimming Club				
Saturday	Closed		8.00 – 9.00am Lane Swimming		9.00am – 12.15pm Swimming Lessons				9.00am – 12.00pm Family Swimming			12.00 – 1.15pm Swim for All Pool cleared 1.15pm			1.30 – 2.45pm Fun Swim Pool cleared at 2.45pm			3.00 – 5.30pm Swim for All						4.30 – 5.30pm Length Swim		Closed			
Sunday	Closed				9.00– 10.00am Lane Swimming		10.00 – 11.00am Length Swimming		10.00am – 4.00pm Swim for All						4.00 – 5.30pm Lane Swim						Closed								

Adult Swimming – Swimming for individuals 16+ years of age.
Aqua Babies – Water Confidence class for children 6 months to 2 years of age
Aquafit – Water based aerobics for over 14 year olds.
Aqua Tots - Water confidence class for toddlers from 2 – 4 years
Ducklings – Water confidence class for toddlers from 3 to 5 years of age.
Family Fun Swims – For adults accompanying children under 11 years
Family Swimming - A time for families and adults to swim. Children 15 years and under must be accompanied by an adult. Adults who are not accompanying children are welcome to swim at this time. Lane ropes are not provided unless otherwise stated
Fun Swims – A wild and wacky time for children 14 years and under. Giant floats available. No adults unless accompanying children under 14 years.

Ladies Only – swimming sessions for female customers 14+ years of age.
Lane Swimming – Lane swimming only for customers 11+ years of age. Length lane ropes will be provided usually for fast, medium and slow swimmers
Swimfit –For Adults who might train competitively
Swimming Lessons – Swim For All may be available alongside the lessons, please check timetable.
Stroke Skills – Adult who wish to improve stroke technique over a length
Swim For All - Anyone can swim.
***Please note that lanes may be introduced during busy swimming times.**

Brighthouse Swimming Pool - 15 February to 21 February 2016

Teaching Pool

	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30
Monday			Ducklings 9.45-10.15am	Aqua Babies 10.15-10.45am	Aqua Tots 10.45-11.15am	Adult lesson 11.15am-12.00pm	12.00 – 1.15pm Swim For All		1.30 – 2.45pm Family Fun Swim 11 years and under Pool cleared at 2.45pm		3.00 – 4.00pm Family Swimming		4.00 – 7.00pm Swimming Lessons						7.15-8.00pm Adult Beginners/ Improver lessons		8.00 - 9.00pm Ladies only Lane Swimming			
	9.00am – 12.00pm Family Swimming																							
Tuesday	Closed		10.00am – 12.00pm Family Swimming				12.00 – 1.15pm Swim For All		1.30 – 2.45pm Family Fun Swim 11 years and under Pool cleared at 2.45pm		3.00 – 4.00pm Family Swimming		4.00 – 6.30pm Swimming Lessons				6.30 - 8.00 Swimming Club		8.00 – 9.00 Adult only swimming					
Wednesday	Closed		10.00am – 12.00pm Family Swimming				12.00 – 1.15pm Swim For All		1.30 – 2.45pm Family Fun Swim 11 years and under Pool cleared at 2.45pm		3.00 – 7.15pm Swim For All						7.15 - 9.00pm Lane Swimming							
			Ducklings 10:00-10:30am	Aqua Babies 10:30-11:00am	Aqua Tots 11:00-11:30am	Aqua Tots/Babies 11:30am – 12:00pm																		
Thursday	Closed		10.00am – 12.00pm Family Swimming				12.00 – 1.15pm Swim For All		1.30 – 2.45pm Family Fun Swim 11 years and under Pool cleared at 2.45pm		3.00 – 4.00pm Family Swimming		4.00 – 6.30pm Swimming Lessons				6.30 - 8.00 Swimming Club		8.00 – 9.00 Adult only swimming					
Friday	9.00 – 11.00am Family Fun Swim				11.00 – 1.15pm Swim For All				1.30 – 2.45pm Family Fun Swim 11 years and under Pool cleared at 2.45pm		3.00 – 4.00pm Family Swimming		4.00 – 7.00pm Swimming Lessons				7.00 – 8.00pm Junior swim fit & Stroke skills		Closed					
Saturday	9.00am – 12.00pm Swimming Lessons 10.00 – 10.30am Aqua Tots						12.00 – 1.15pm Swim For all		1.30 – 2.45pm Family Fun Swim 11 years and under Pool cleared at 2.45pm		3.00 – 6.00pm Swimming Lessons						Closed							
Sunday	9.00am – 12.00pm Family Swimming Pool cleared at 12noon						12.15 – 2.45pm Family Fun Swim Children under 11 years Pool cleared at 2.45pm				3.00 – 6.00pm Children Parties <i>Please contact reception for information</i>						Closed							