

FITNESS POOL TIMETABLE

APRIL - SEPTEMBER 2022

	6.30am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MONDAY	EARLY MORNING LANE SWIMMING		PRIME TIMERS 50+	PUBLIC SWIMMING							SWIM SCHOOL	PUBLIC SWIMMING	AQUA	PUBLIC SWIMMING				
				LANE SWIM	WATER THERAPY	LANE SWIMMING	SCHOOLS		LANE SWIM				LANE SWIMMING		SWIMFIT	LANE SWIMMING		
TUESDAY	EARLY MORNING LANE SWIMMING		PUBLIC SWIMMING		AQUA		PUBLIC SWIMMING			SWIM SCHOOL	PUBLIC SWIMMING	TONBRIDGE SWIMMING CLUB						
			LANE SWIMMING				LANE SWIMMING	ADULT LESSONS	LANE SWIM		LANE SWIMMING							
WEDNESDAY	EARLY MORNING LANE SWIMMING		PUBLIC SWIMMING							SWIM SCHOOL	PUBLIC SWIMMING			ADULT LESSONS				
			LANE SWIMMING	WATER THERAPY	DEMENTIA FRIENDLY SESSION	LANE SWIMMING						LANE SWIMMING		ADULT LESSONS				
THURSDAY	EARLY MORNING LANE SWIMMING		PUBLIC SWIMMING							SWIM SCHOOL	PUBLIC SWIMMING	AQUA	THIS GIRL CAN 14+					
			LANE SWIMMING			SCHOOLS		LANE SWIM			LANE SWIMMING							
FRIDAY	EARLY MORNING LANE SWIMMING		LANE SWIM	AQUA	PUBLIC SWIMMING							SWIM SCHOOL	PRE - SQUAD	TONBRIDGE SWIMMING CLUB				
					WATER THERAPY	LANE SWIMMING	SCHOOLS		LANE SWIM									
SATURDAY	TONBRIDGE SWIMMING CLUB		SWIM SCHOOL			PUBLIC SWIMMING				PUBLIC / LANE SWIMMING OR PRIVATE HIRE			PUBLIC SWIMMING	CLOSED				
						LANE SWIMMING							LANE SWIMMING					
SUNDAY	LANE SWIMMING		PUBLIC SWIMMING	SWIM SCHOOL	PUBLIC SWIMMING							PUBLIC / LANE SWIMMING OR PRIVATE HIRE			PUBLIC SWIMMING	CLOSED		
			SWIM SCHOOL		LANE SWIMMING									LANE SWIMMING				

Lane Swimming will only be guaranteed where specified on the timetable.

Swim Fit Monday 8pm - 9pm

Please note that during term time schools may have up to 3 lanes in the Fitness Pool at any one time.

This Girl Can 14+ ladies only night Thursday 8pm - 10pm

One to One Swimming Lessons are undertaken during public swimming sessions and a lane may be reserved for this activity during these times.

Aqua Aerobics Monday & Thursday 7pm - 8pm, Tuesday 11.15am - 12.15pm & Friday 9.30am - 10.30am

On the occasion of a Private Hire the Fitness Pool may close at 4pm on Saturdays and Sundays.

All timetables are subject to change at any time.

TEACHING POOL TIMETABLE

APRIL - SEPTEMBER 2022

	6.30am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MONDAY	PUBLIC SWIMMING			ADULT & CHILD LESSONS				PUBLIC SWIMMING	SCHOOLS			PUBLIC SWIM	SWIMMING LESSONS		PUBLIC SWIMMING		CLOSED	
TUESDAY	PUBLIC SWIMMING			ADULT & CHILD LESSONS	ADULT & CHILD FUN SESSION			ADULT LESSONS	ADULT & CHILD FUN SESSION	SWIMMING LESSONS		PUBLIC SWIM	TSC	CLOSED				
WEDNESDAY	PUBLIC SWIMMING			ADULT & CHILD LESSONS		ADULT & CHILD FUN SESSION		SWIMMING LESSONS	PUBLIC SWIMMING	SWIMMING LESSONS		PUBLIC SWIMMING		ADULT LESSONS		CLOSED		
THURSDAY	PUBLIC SWIMMING			ADULT & CHILD LESSONS	ADULT & CHILD FUN SESSION		SCHOOLS			PUBLIC SWIMMING	SWIMMING LESSONS		PUBLIC SWIMMING		THIS GIRL CAN 14+		CLOSED	
FRIDAY	PUBLIC SWIMMING			RECONNECT FAMILY / TODDLER FUN MAY - JULY	ADULT & CHILD LESSONS	PUBLIC SWIMMING	SCHOOLS			PUBLIC SWIM	SWIMMING LESSONS		PUBLIC SWIM	TSC	CLOSED			
SATURDAY	PUBLIC SWIMMING	SWIMMING LESSONS			ADULT & CHILD FUN SESSION					PUBLIC SWIMMING OR PRIVATE HIRE			CLOSED					
SUNDAY	PUBLIC SWIMMING	SWIMMING LESSONS		ADULT & CHILD FUN SESSION					PUBLIC SWIMMING OR PRIVATE HIRE			PUBLIC SWIMMING		CLOSED				

One to One Swimming Lessons are undertaken during public swimming sessions and Adult & Child Fun Sessions, space may be reserved for this activity during these times.

Reconnect Family & Toddler Fun is a KCC funded initiative, aimed at getting families with young children from Tonbridge & Malling back into swimming. Sessions are 45 minutes and bookable as spaces are limited. The sessions will NOT be running on June 3 and July 29.

On the occasions of a **Private Hire**, the Teaching Pool may close on Saturdays and Sundays at 4pm during the months October - May, 5pm June and September and 6pm July and August. Please see notice board at Reception for details.

The timetable may alter during the school holiday periods. Please see **Holiday Timetable** for details.

All timetables are subject to change at any time.

OUTDOOR POOL TIMETABLE

APRIL - SEPTEMBER 2022

	6.30am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MONDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING										LANE SWIMMING		LANE SWIMMING JUN - AUG		
TUESDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING										LANE SWIMMING		LANE SWIMMING JUN - AUG		
WEDNESDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING										AQUA MAY-AUG	LANE SWIMMING	LANE SWIMMING JUN - AUG		
THURSDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING										LANE SWIMMING		LANE SWIMMING JUN - AUG		
FRIDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING										LANE SWIMMING		LANE SWIMMING JUN - AUG		
SATURDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING										LANE SWIM	CLOSED			
SUNDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING										LANE SWIM	CLOSED			

The **Outdoor Pool** is available April - September and remains open until 10pm for lane swimming Monday to Friday during the months of June, July and August.

The timetable may alter during the school holiday periods. Please see **Holiday Timetable** for details.

On occasions of a **Private Hire**, the Outdoor Pool may close at 6.30pm on Saturdays and Sundays. Please see the noticeboard at Reception for details.

Aqua Aerobics Wednesday 7pm - 7.45pm, sessions will run from May - August.

All timetables are subject to change at any time.