

INDOOR FITNESS POOL TIMETABLE

MONDAY 4 OCTOBER 21

	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 SWIM	AQUA	PUBLIC SWIMMING		
					LANE SWIM	WATER THERAPY	LANE SWIM	SCHOOLS		LANE SWIM			LANE SWIM			SWIMFIT	LANE SWIM
TUESDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING		AQUA		PUBLIC SWIMMING			SWIM SCHOOL	PUBLIC SWIM	TONBRIDGE SWIMMING CLUB				
				LANE SWIMMING				LANE SWIMMING	ADULT LESSONS	LANE SWIM		LANE SWIM					
WEDNESDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING							SWIM SCHOOL	PUBLIC SWIM			ADULT LESSONS		
				LANE SWIM	WATER THERAPY	LANE SWIMMING					LANE SWIM			ADULT LESSONS			
THURSDAY	EARLY MORNING LANE SWIMMING			PUBLIC SWIMMING							SWIM SCHOOL	PUBLIC SWIM	AQUA	THIS GIRL CAN 14 +			
				LANE SWIMMING			SCHOOLS		LANE SWIM		LANE SWIM						
FRIDAY	EARLY MORNING LANE SWIMMING			LANE SWIM	AQUA	PUBLIC SWIMMING					SWIM SCHOOL	PUBLIC SWIM	TONBRIDGE SWIMMING CLUB				
						WATER THERAPY	LANE SWIM	SCHOOLS		LANE SWIM		PRE-SQUAD					
SATURDAY	TSC		SWIM SCHOOL			PUBLIC SWIMMING					PRIVATE HIRE		PUBLIC SWIM	CLOSED			
						LANE SWIMMING						LANE SWIM					
SUNDAY		LANE SWIM	SWIM SCHOOL		PUBLIC SWIMMING							PRIVATE HIRE		PUBLIC SWIM	CLOSED		
					SWIM SCHOOL	LANE SWIMMING						LANE SWIM					

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

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

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

All timetables are subject to change at any time.

Swim Fit Monday 8pm - 9pm

This Girl Can ladies only night Thursday's 8pm – 10pm

Aqua Aerobics Monday & Thursday 7pm – 8pm, Tuesday 11.15am – 12.15pm & Friday 09.30am – 10.30am

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

TEACHING POOL TIMETABLE

MONDAY 4 OCTOBER 21

	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 SWIM	SCHOOLS		PUBLIC SWIM	SWIMMING LESSONS			PUBLIC SWIMMING		CLOSED	
													SL	PUBLIC SWIM			
TUESDAY	PUBLIC SWIMMING			ADULT & CHILD LESSONS	PARENT & TODDLER FUN SESSION			ADULT LESSONS	PUBLIC SWIMMING		SWIMMING LESSONS		PUBLIC SWIM	CLOSED			
													SL				
WEDNESDAY	PUBLIC SWIMMING		ADULT & CHILD LESSONS			PUBLIC SWIMMING		SWIM SCHOOL	PUBLIC SWIM	SWIMMING LESSONS			PUBLIC SWIMMING			ADULT LESSONS	
													SL	PUBLIC SWIM			
THURSDAY	PUBLIC SWIMMING		ADULT & CHILD LESSONS	PARENT & TODDLER FUN SESSION		SCHOOLS		PUBLIC SWIM		SWIMMING LESSONS		PUBLIC SWIMMING		THIS GIRL CAN 14+			
													SL	PUBLIC SWIM			
FRIDAY	PUBLIC SWIMMING		ADULT & CHILD LESSONS	PUBLIC SWIMMING		SCHOOLS		PUBLIC SWIM	SWIMMING LESSONS			PUBLIC SWIM	SL	TSC	CLOSED		
SATURDAY		PUBLIC SWIM	SWIMMING LESSONS			MINI SPLASH & 121'S				PRIVATE HIRE			CLOSED				
SUNDAY		PUBLIC SWIM	SWIMMING LESSONS	MINI SPLASH & 121'S						PRIVATE HIRE			PUBLIC SWIM	CLOSED			

One to One Swimming Lessons are undertaken during public swimming sessions and Mini Splash, space may be reserved for this activity during these times.

Mini Splash (7 years and under) run from 11am to 3.45pm on Saturdays and 10am to 3.45pm on Sundays. The sessions have a maximum bather load and cannot be booked in advance.

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

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

All time tables may be subject to change at any time.