

FITNESS POOL

OCTOBER 2024 TIMETABLE

	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+	CASUAL SWIMMING							SWIMMING LESSONS	CASUAL SWIMMING				
					LANE SWIM	LANE SWIMMING * WATER THERAPY	LANE SWIMMING	SCHOOLS	LANE SWIMMING				LANE SWIMMING	AQUA	LANE SWIMMING & SWIMFIT 20.00 - 21.00		
TUESDAY	EARLY MORNING LANE SWIMMING			CASUAL SWIMMING							SWIMMING LESSONS	CASUAL SWIMMING	TONBRIDGE SWIMMING CLUB				
					LANE SWIMMING	LANE SWIMMING * WATER THERAPY	LANE SWIMMING	SCHOOLS	LANE SWIMMING				LANE SWIMMING				
WEDNESDAY	EARLY MORNING LANE SWIMMING			CASUAL SWIMMING							SWIMMING LESSONS	CASUAL SWIMMING			ADULT SWIMMING LESSONS		
					LANE SWIMMING	AQUA	LANE SWIMMING	LANE SWIMMING * ADULT LESSONS	LANE SWIMMING				LANE SWIMMING				
THURSDAY	EARLY MORNING LANE SWIMMING			CASUAL SWIMMING							SWIMMING LESSONS	CASUAL SWIMMING	SWIM FOR HEALTH SESSION	CASUAL SWIMMING			
					LANE SWIMMING			SCHOOLS	LANE SWIMMING				LANE SWIMMING	AQUA		LANE SWIMMING	
FRIDAY	EARLY MORNING LANE SWIMMING			CASUAL SWIMMING							SWIMMING LESSONS	SWIMMING LESSONS	TONBRIDGE SWIMMING CLUB				
					LANE SWIMMING	LANE SWIMMING * WATER THERAPY	AQUA	LANE SWIMMING	SCHOOLS	LANE SWIMMING			LANE SWIMMING				
SATURDAY	TONBRIDGE SWIMMING CLUB 06.45 - 07.45		SWIMMING LESSONS			CASUAL SWIMMING					CASUAL / LANE SWIMMING OR PRIVATE HIRE		CASUAL SWIMMING	CLOSED			
						LANE SWIMMING						LANE SWIMMING					
SUNDAY		LANE SWIMMING	CASUAL SWIMMING	SWIMMING LESSONS	CASUAL SWIMMING							CASUAL / LANE SWIMMING OR PRIVATE HIRE		CASUAL SWIMMING	CLOSED		
					LANE SWIMMING								LANE SWIMMING				

TEACHING & TODDLER POOLS

	6.30am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MONDAY	CASUAL SWIMMING			ADULT & CHILD LESSONS		ADULT & CHILD FUN SESSION		SCHOOLS		CASUAL SWIM	SWIMMING LESSONS	CASUAL SWIMMING		CLOSED			
TUESDAY	CASUAL SWIMMING			ADULT & CHILD LESSONS		ADULT & CHILD FUN SESSION		SCHOOLS		CASUAL SWIM	SWIMMING LESSONS	CASUAL SWIM	TONBRIDGE SWIMMING CLUB	CLOSED			
WEDNESDAY	CASUAL SWIMMING			ADULT & CHILD FUN SESSION				CASUAL SWIMMING SWIMMING LESSONS		CASUAL SWIMMING	SWIMMING LESSONS	CASUAL SWIMMING		CLOSED			
THURSDAY	CASUAL SWIMMING			ADULT & CHILD LESSONS		ADULT & CHILD FUN SESSION		SCHOOLS		CASUAL SWIM	SWIMMING LESSONS	CASUAL SWIMMING		SWIM FOR HEALTH SESSION	CLOSED		
FRIDAY	CASUAL SWIMMING			ADULT & CHILD LESSONS		ADULT & CHILD FUN SESSION		SCHOOLS		CASUAL SWIM	SWIMMING LESSONS	CASUAL SWIM	TONBRIDGE SWIMMING CLUB	CLOSED			
SATURDAY		CASUAL SWIMMING	SWIMMING LESSONS		ADULT & CHILD FUN SESSION				ADULT & CHILD FUN SESSION OR PRIVATE HIRE		CLOSED						
SUNDAY		CASUAL SWIMMING	SWIMMING LESSONS		ADULT & CHILD FUN SESSION				ADULT & CHILD FUN SESSION OR PRIVATE HIRE		CLOSED						

TIMETABLE INFORMATION

- Lane Swimming will only be guaranteed where specified on the timetable and may on occasions be limited to one lane to facilitate exercise classes and swimming lessons.
- One to One Swimming Lessons are undertaken during Casual / Lane Swimming and Adult & Child Fun sessions, a lane may be reserved for this activity during these times.
- On occasions of a Private Hire, pools maybe closed from 4pm onwards on Saturdays and Sundays.
- * Dementia Friendly Sessions run on Wednesdays during term time 12noon - 1.30pm. This is a quieter time of day aimed at providing a suitable environment for swimmers with dementia and their family members / carers.
- On occasions when the SwimFit Instructor is unable to attend, sessions will still run, with equipment available upon request.
- All timetables are subject to change at any time and additional information can be found on our website, including Emergency News.