




Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2
6.00-9.00 <b>Adults Only</b>	<b>Adults Only</b>	6.00-9.00 <b>Adults Only</b>	<b>Adults Only</b>	6.00-9.00 <b>Adults Only</b>	<b>Adults Only</b>	6.00-9.00 <b>Adults Only</b>	<b>Adults Only</b>	6.00-9.00 <b>Adults Only</b>	<b>Adults Only</b>	7.30-10.00 <b>Adults Only</b>	7.30-10.00 <b>Adults Only</b>	8.00-10.00 <b>Adults Only</b>	8.00-10.00 <b>Adults Only</b>
9.00-12.00 <b>Family</b> 10.30-11.15 <b>Aqua Aerobics</b>		9.00-12.00 <b>Family</b> 11.30-12.00 <b>* Toddler Splash</b> 12.00-12.45 <b>Aqua Aerobics</b>		9.00-12.00 <b>Family</b> 10.30-11.15 <b>Aqua Aerobics</b>		9.00-12.00 <b>Family</b> 9.45-10.15am <b>New born Aquatics</b> 10.30-11.15 <b>Aqua Aerobics</b>		9.00-12.00 <b>Family</b> 10.30-11.15 <b>Aqua Aerobics</b>		9.30-10.15 <b>Aqua Aerobics</b>		10.00-1.00 <b>Family</b>	
12.00-2.00 <b>Adults Only</b>		2.00-7.00 <b>Family</b>		2.00-7.00 <b>Family</b> 2.00-3.00pm <b>Pre-School</b>		2.00-7.00 <b>Family</b> 2.00-3.00pm <b>Pre-School</b>		2.00-7.00 <b>Family</b>		10.00-7.00 <b>Family</b>	1.00-9.00 <b>Adults Only</b>	1.00-9.00 <b>Adults Only</b>	
4.00-6.00 <b>Family</b>		6.00-10.00 <b>Adults Only</b> 6.30-7.15 <b>Aqua Aerobics</b>		4.00-6.00 <b>Swimming Lessons</b>		4.00-6.00 <b>Swimming Lessons</b>		4.00-6.00 <b>Swimming Lessons</b>		4.00-6.00 <b>Family</b>	6.00-10.00 <b>Adults Only</b>	6.00-10.00 <b>Adults Only</b>	
7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-10.00 <b>Adults Only</b>	7.00-9.00 <b>Adults Only</b>	7.00-9.00 <b>Adults Only</b>	7.00-9.00 <b>Adults Only</b>	7.00-9.00 <b>Adults Only</b>	

-  General Swimming (Open to all Members)
-  Adults Only Swimming (Open to all Members aged 14+)
-  Instructed Class/Lesson (Will take up approx 1/2 Lane)  
During Advanced lessons only lane 2 will be available for family swimming

Swimming Lessons can be booked through  
Swimtime - Call: 01213 710498

\* Splash equipment readily available along poolside for parents to use.

**welt** health & fitness

## New Swimming Pool Timetable

To relieve stressful pinch points in the swimming pool, the following guidelines have been implemented to maintain a well balanced timetable for all members.

- Swimming Lessons and aqua aerobic sessions do not clash.
- The increased "Adult only" times from the previous timetable remains as a permanent feature on the current Timetable due to the positive feedback attained.
- In order to do this, we have continued to ensure the whole swimming pool is available for family use between the hours of 4-6pm Monday - Friday and between 10am-1pm at the weekend. Thus ensuring a well balanced schedule is available to family members also.
- Again a specific adult only time slot between the hours of 12-2pm Monday - Friday is allocated. Adults are still welcome to use the pool out of these hours if they wish to do so.
- This will allow family use to take place without fear of upsetting lane swimmers.

After the positive response gained from the previous pool timetable the schedule will remain the same, as it seemed on a whole to successfully ease tension on pool time for both family and non family users.

Thank you Welti Management

# Swimming Timetable

