SWIMMING PROGRAMME
From 6th SEPTEMBER 2017

MONDAY
7.30am – 9.00am  EARLY BIRDS
9.00am – 11.00am  50+ SWIM  £3.50
11.00am – 3.45pm  PUBLIC SWIM
4.00pm – 6.00pm  SWIMMING LESSONS
6.00pm – 7.00pm  PUBLIC SWIM
7.00pm – 8.00pm  LADIES SWIM
8.00pm – 10.00pm  ADULT SWIM

TUESDAY
9.00am – 12 noon  PUBLIC SWIM
12 noon – 1.00pm  AQUA CARE  £3.50/non memb £4.50
1.00pm – 3.45pm  PUBLIC SWIM
4.00pm – 6.00pm  SWIMMING LESSONS
6.00pm – 7.30pm  SWIM CLUB (LESSONS)
7.30pm – 8.30pm  AQUA AEROBICS  £4.50
8.30pm – 10.00pm  ADULT SWIM

WEDNESDAY
7.30am – 9.00am  EARLY BIRDS
9.00am – 11.00am  50+ SWIM  £3.50
11.00am – 1.00pm  AQUA BABES/LESSONS
11.00am – 3.45pm  PUBLIC SWIM
4.00pm – 6.00pm  SWIMMING LESSONS
6.00pm – 7.15pm  PUBLIC SWIM
7.15pm – 8.15pm  AQUA AEROBICS  £4.50

THURSDAY
9.15am – 10.15am  AQUA CARE  £3.50/non memb £4.50
10.30am – 11.30am  AQUA CARE  £3.50/non memb £4.50
11.30am – 3.45pm  PUBLIC SWIM
12 noon – 2.30pm  PUDDLE DUCKS
4.00pm – 6.00pm  SWIMMING LESSONS
6.00pm – 8.00pm  PUBLIC SWIM
8.00pm – 10.00pm  ADULT SWIM

FRIDAY
7.30am – 9.00am  EARLY BIRDS
9.00am – 10.30am  50+ SWIM  £3.50
10.30am – 3.45pm  PUBLIC SWIM
4.00pm – 6.00pm  SWIMMING LESSONS
6.10pm – 9.00pm  FAMILY FUN SWIM

SATURDAY
8.00am – 12.00 noon  SWIMMING LESSONS
12.00 noon – 7.00pm  PUBLIC SWIM

SUNDAY
8.00 – 12.00 noon  SWIMMING LESSONS
12.00 noon – 6.00pm  PUBLIC SWIM

Adults  £4.80
Children  £3.50
Under 2 yrs  FREE
Sauna Only  £5.00
Sauna/Swim  £7.00
Adult Session Sauna/Swim  £6.00

Lockers: £1.00 refunded after use
Children under the age of 8 years must be accompanied by an adult into the pool

www.southforestcomplex.co.uk