

SWIMMING PROGRAMME – MARCH 2019

MONDAY

9.00am – 11.00am	50+ SWIM	£3.90
11.00am – 7.00pm	PUBLIC SWIM	
7.00pm – 8.00pm	LADIES SWIM	
8.00pm – 9.30pm	ADULT SWIM	

TUESDAY

9.00am – 12.00pm	PUBLIC SWIM	
12.00pm – 1.00pm	AQUA CARE	£3.50/non member £4.50
1.00pm – 3.30pm	PUBLIC SWIM	
4.00pm – 6.15pm	SWIMMING LESSONS	
6.15pm – 7.30pm	SWIM CLUB	
7.30pm – 8.30pm	AQUA AEROBICS	£4.90
8.30pm – 10.00pm	ADULT SWIM	

WEDNESDAY

9.00am – 11.00am	50+ SWIM	£3.90
11.00am – 7.00pm	PUBLIC SWIM	
7.15pm – 8.15pm	AQUA AEROBICS	£4.90

THURSDAY

9.15am – 10.15am	AQUA CARE	£3.50/non member £4.50
10.30am – 11.30am	AQUA CARE	£3.50/non member £4.50
1.00pm – 5.00pm	PUDDLE DUCKS	
11.30am – 8.00pm	PUBLIC SWIM	
8.00pm – 10.00pm	ADULT SWIM	

FRIDAY

9.00am – 11.00am	50+ SWIM	£3.90
11.00am – 6.00pm	PUBLIC SWIM	
6.10pm – 9.00pm	FAMILY FUN SWIM	

SATURDAY

7.30am – 8am	ADULT SWIMMING LESSONS	
8.00am – 12.00pm	SWIMMING LESSONS	
12.00pm – 7.00pm	PUBLIC SWIM	

SUNDAY

10.00am – 6.00pm	PUBLIC SWIM	
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Adults	£5.20
Children	£3.90
Under 2 yrs	FREE
Sauna Only	£5.40
Sauna/Swim	£7.40
Adult Session Sauna/Swim	£6.40

Lockers: £1.00 refunded after use

Last admission into the pool is 1 hour before closing.

Children under the age of 8 years must be accompanied by an adult into the pool

Please note that during school holidays the above times do vary – telephone for further information.

Children's parties available Mon – Sat please ask at reception for further details.

www.southforestcomplex.co.uk

