

Swimming pool programme - Term time

Large pool programme

	7.30am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon	Lanes 7.30 - 8.30	School			Lanes	Staff training	School	Lanes			2 lanes Club	Club	NPLQ course		
Tues	Lanes 7.30 - 8.30	School			Lanes	School		Lanes		2 lanes Club	Club				
Wed	Lanes 7.30 - 8.30	School			Lanes	School		Lanes			Club				
Thurs	Lanes 7.30 - 8.30	School			Lanes	School		Lanes			Club				
Fri	Lanes 7.30 - 8.30	School			Lanes	School		Lanes		2 lanes Club	Club				
Sat	Club	3 lanes junior courses	Club			Lanes			Tri club	Private hire					
Sun	Adult lanes	Adult swim clinic Adult 2 lanes	Adult lanes		Canoe club 1st Sunday in month/club		Club								

Lane swimming is for competent swimmers only

Small pool programme

	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon	School			Masters	Casual swim	Toddler splash	School	Junior courses		Casual swim	Club				
Tues	School			Casual swim		School		Junior courses		Casual swim	Club				
Wed	School			Casual swim		School		Courses		Casual swim	Club				
Thurs	School	Ladies only	Casual swim	Aqua fit	School		Junior courses		Casual swim	Club	Adult courses				
Fri	School			Casual swim		School		Junior courses		Casual swim	Club				
Sat	Club	Junior courses			Casual swim			Private Hire		Club					
Sun	Adult swim clinic	Casual swim			Club										

Ladies only session includes children under 8 years old.

Childrens water safety - Supervision ratios

- Children under 4 years -** One adult: one child with **or** without armbands; One adult: two children with armbands
- Children 4-7 years -** One adult: two children with **or** without armbands
- Children of mixed ages -** One under 4 and one 4-7 year old can swim with one adult if **both** are in armbands **or** the older child holds the ISRM award; One under 4 and two 4-7 year olds can swim with one adult if **all** are in armbands **or both** older children hold the ISRM award.

An adult is 16+ years old. This applies to sessions and supervision.

For more information contact reception or go to www.swindon.gov.uk/swimadmissions

Armbands and floatation jackets must conform to BSI standard EN13138

Swimming pool programme - Holiday

Large pool programme

	7.30am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon	Lanes 7.30 - 8.30		Junior* courses		Lanes	Staff training			Lanes		2 lanes Club	Club			NPLQ course
Tues	Lanes 7.30 - 8.30		Junior* courses	Adult Lanes	Lanes				Lanes		2 lanes Club		Club		
Wed	Lanes 7.30 - 8.30		Junior* courses		Lanes				Lanes				Club		
Thurs	Lanes 7.30 - 8.30		Junior* courses	Adult Lanes	Lanes				Lanes				Club		
Fri	Lanes 7.30 - 8.30		Junior* courses		Lanes				Lanes		2 lanes Club		Club		
Sat	Club	3 lanes Junior courses		Club			Lanes			Tri club		Private hire			
Sun		Adult lanes	Adult swim clinic Adult 2 lanes	Adult lanes	Adult lanes	Canoe club 1st Sunday in month/club					Club				

Lane swimming is for competent swimmers only

*Swim courses available during Summer Holidays only

Small pool programme

	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon		Junior* courses		Masters	Casual swim	Toddler splash			Junior courses	Casual swim		Club			
Tues		Junior* courses		Wet 'n' Wild	Casual swim				Junior courses	Casual swim		Club			
Wed		Junior* courses		Masters	Casual swim				Courses	Casual swim		Club			
Thurs		Junior* courses		Ladies only	Casual swim	Aqua fit			Junior courses	Casual swim		Club	Adult courses		
Fri		Junior* courses		Wet 'n' Wild	Casual swim				Junior courses	Casual swim		Club			
Sat	Club		Junior courses				Casual swim			Private Hire		Club			
Sun		Adult swim clinic		Casual swim					Club						

Ladies only session includes children under 8 years old.

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