

Main Pool

Poole (Dolphin) Leisure Centre

FAMILY AND FUN

DAY	TIME	SESSION
Monday	09:00-16:00	Swim 4 Everyone
	18:00-19:00	Swim 4 Everyone
Tuesday	09:00-16:00	Swim 4 Everyone
Wednesday	09:00-16:00	Swim 4 Everyone
	18:00-19:00	Swim 4 Everyone
Thursday	09:00-16:00	Swim 4 Everyone
	18:00-19:00	Swim 4 Everyone
Friday	09:00-16:30	Swim 4 Everyone
	18:30-19:00	Swim 4 Everyone
Saturday	10:30-17:30	Swim 4 Everyone
Sunday	08:30-17:30	Swim 4 Everyone

Timetable correct as at December 2017.

Please check **www.everyoneactive.com** for any timetable changes.

Main Pool

Poole (Dolphin) Leisure Centre

FITNESS AND HEALTH

DAY	TIME	SESSION
Monday	07:00-09:00	Adults Only
	09:00-16:00	Swim 4 Fitness
	16:00-18:00	Swim 4 Fitness 2 Lanes Only
	18:00-19:00	Swim 4 Fitness
	19:00-20:00	Adults Only
Tuesday	07:00-09:00	Adults Only
	09:00-16:00	Swim 4 Fitness
	19:00-20:00	Adults Only
Wednesday	07:00-09:00	Adults Only
	09:00-16:00	Swim 4 Fitness
	18:30-19:00	Swim 4 Fitness
	19:00-20:00	Adults Only
Thursday	07:00-09:00	Adults Only
	09:00-16:00	Swim 4 Fitness
	16:00-18:00	Swim 4 Fitness 2 Lanes Only
	18:00-19:00	Swim 4 Fitness
	19:00-20:00	Adults Only
Friday	07:00-09:00	Adults Only
	09:00-16:30	Swim 4 Fitness
	18:30-19:00	Swim 4 Fitness
	19:00-20:00	Adults Only
Saturday	10:00-17:30	Swim 4 Fitness
Sunday	08:30-17:30	Swim 4 Fitness

Timetable correct as at December 2017.

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