

Neptune Centre

Main Pool Term-Time Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Clubs (Finishes at 07:55)	Swim 4 Fitness (Finishes at 07:55) Clubs (Finishes at 07:55)	Clubs (Finishes at 07:55)	Clubs (Finishes at 07:55)	Swim 4 Fitness Clubs (Finishes at 07:55)			07:00
08:00	Swim 4 Fitness & Health (Finishes at 11:55)	Swim 4 Everyone Laned (Finishes at 08:55)			Swim 4 Fitness & Health	Swim 4 Everyone (Finishes at 08:55) Clubs (Finishes at 08:55)	Swim 4 Everyone (Finishes at 10:55) Adult Gentle Swim (Finishes at 10:55) Swim 4 Everyone (Finishes at 08:55)	08:00
09:00		Colleague Training (Finishes at 10:55)						09:00
10:00	Aqua (Finishes at 10:55) Aqua Natal (Finishes at 11:55)		Swim 4 Fitness & Health (Finishes at 12:55)	Swim 4 Fitness & Health (Finishes at 12:55)	Swim 4 Fitness (Finishes at 12:55) Aqua	Swim Lessons	Swim Lessons	10:00
11:00		Swim 4 Fitness & Health (Finishes at 12:55)						11:00
12:00	Swim 4 Fitness & Health (Finishes at 12:55)		Aqua (Finishes at 12:55)		Swim 4 Fitness (Finishes at 12:55) T.O.F.Y.			12:00
13:00	Schools (Finishes at 15:30)	Schools (Finishes at 15:30)	Schools (Finishes at 15:30)	Schools (Finishes at 15:30)	Schools (Finishes at 15:30)	Family Fun Swim (Finishes at 14:55)*	Adult Gentle Swim (Finishes at 14:55)*	13:00
14:00								14:00
15:00								15:00
16:00	Swim 4 Everyone Laned	Swim 4 Everyone Laned	Swim 4 Everyone Laned	Swim 4 Everyone Laned	Swim 4 Fitness (Finishes at 18:55) Swim Lessons (Finishes at 18:55)			16:00
17:00	Swim Lessons (Finishes at 19:55)							17:00
18:00	Clubs (Finishes at 20:25)	Clubs (Finishes at 18:55)	Clubs (Finishes at 19:55)	Swim 4 Fitness (Finishes at 19:55) Clubs (Finishes at 20:55)	Clubs (Finishes at 18:55)			18:00
19:00		Swim 4 Fitness (Finishes at 19:55)	Swim 4 Fitness (Finishes at 19:55)					19:00
20:00			Women Only (Finishes at 20:55)					20:00
21:00	Adult Gentle Swim (Finishes at 21:55)	Adult Gentle Swim (Finishes at 21:55)	Adult Gentle Swim (Finishes at 21:55)	Adult Gentle Swim (Finishes at 21:55)				21:00
22:00								22:00

Under 8's must be accompanied by a parent, guardian or adult over 18 with a maximum of 2 children per adult.

* Hourly sessions are in place during these times.

FITNESS AND FUN

Adult Gentle Swim sessions for adults to swim socially, mixed lanes.

Clubs Competitive local swimming club session or other water based club session – providing coaching to advanced levels.

Family Fun Swim sessions for families where floats or other equipment will be available for entertainment.

Swim 4 Everyone For everyone to experience the invigorating and relaxing activity which is swimming. Dip your toe in, the water's lovely...

Women Only sessions for women only 16 & over to swim socially or in a lane that may be provided, ask for a results card to get more from your swim.

Swim 4 Fitness A structured lane-based session for confident swimmers able to swim continuously in a lane.

LEARNING TO SWIM

Adult Swim Lessons Everyone Active's adult swim lessons are specifically designed for everyone from 16 & over to learn the basics of swimming through to more advanced stroke techniques and training. Enrol anytime at centre reception.

Schools Our pool provides swimming for the whole community, including local schools. Ask for details at reception.

Swim Lessons Everyone Active's programme is designed for children from four months to learn to swim. Lessons run 50 weeks a year, 6 days a week. Enrol anytime at centre reception.

SPECIALITIES

Colleague Training Essential training for staff who work pool-side as lifeguards to ensure everyone's safety.

WATER WORKOUTS

Aqua Class A fun and invigorating all over body work-out in the water designed to effectively burn calories with minimal impact on the body.

Aqua Natal A dedicated session for pregnant women or new mums only, providing an invigorating safe all over body work-out in the water with minimal impact.