

Neptune Centre

Small Pool Term-Time Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00								08:00
09:00						Swim Lessons	Swim 4 Everyone (Finishes at 10:55)	09:00
10:00					Swim 4 Everyone (Finishes at 11:55)		Swim Lessons	10:00
11:00					Schools (Finishes at 11:55)			11:00
12:00	Supervised Swim Session (Finishes at 12:55)	Supervised Swim Session (Finishes at 12:55)	Supervised Swim Session (Finishes at 12:55)	Supervised Swim Session (Finishes at 12:55)	Supervised Swim Session (Finishes at 12:55)			12:00
13:00						Family Fun Swim (Finishes at 14:55)*		13:00
14:00	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)*	14:00
15:00								15:00
16:00	Swim 4 Everyone (Finishes at 16:55)							16:00
17:00		Family Fun Swim (Finishes at 18:55)	Family Fun Swim (Finishes at 18:55)	Family Fun Swim (Finishes at 18:55)	Family Fun Swim (Finishes at 18:55)			17:00
18:00	Swim Lessons (Finishes at 19:00)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			18:00
19:00	Adult Swim Lessons (Finishes at 19:55)							19:00
20:00								20:00
21:00								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

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...

Under 5s Fun Swim sessions for children under 5 who must be accompanied by an adult.

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.