

Aqua Vale Swimming & Fitness Centre

Open Air Pool (with retractable roof) 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								09:00
10:00								10:00
11:00								11:00
12:00								12:00
13:00								13:00
14:00								14:00
15:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	15:00
16:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	16:00
17:00								17:00
18:00								18:00
19:00								19:00
20:00		Swim Lessons (Women Only)						20:00
21:00								21:00
22:00								22:00

Children under the age of 8 years must be accompanied by a parent or adult aged of 18 or over in the ratio of 2:1

A band system will be in use during all public sessions.