

Mid Suffolk Leisure Centre

Main Pool Holiday Programme

* This session finishes at 3.55pm.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:00							
06:00		Clubs		Clubs	Clubs		
07:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness		
08:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness		Clubs
09:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
10:00	Swim 4 Everyone	Young at Heart	Swim 4 Everyone	Swim 4 Everyone	Young at Heart		
11:00	Swim 4 Everyone	Swim 4 Everyone			Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone
12:00	Swim 4 Everyone		Aqua Class				
13:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone
14:00	Aqua 50+	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Swim 4 Everyone
15:00	Disability Swim						
16:00	Swim Lessons	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim Lessons	Swim 4 Everyone	Swim 4 Everyone
17:00	Clubs			Swim Lessons	Swim Lessons		
18:00	Swim Lessons	Swim 4 Everyone	Swim 4 Everyone	Swim Lessons	Swim Lessons	Swim 4 Everyone	Clubs
19:00		Colleague Training	Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons
20:00	Swim Lessons	Clubs	Swim 4 Everyone	Swim 4 Everyone	Swim Lessons	Swim 4 Everyone	Swim Lessons
21:00		Adult Swim Lessons	Women Only	Adult Gentle Swim	Swim Lessons		
22:00			Clubs	Aqua Class	Swim 4 Everyone		

Management reserve the right to change the programme including lane allocations at their discretion.

Children under 8 years old must be accompanied by a parent/guardian or adult over 18 years, with a maximum of 2 children per 1 adult.

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

This pool has a disabled accessible steps and hoist available.

Lockers require a £1 coin.