

# Queen Mother Sports Centre

## Main Pool Holiday Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Adult Gentle Swim	U Adult Gentle Swim	Adult Gentle Swim	U Adult Gentle Swim	Adult Gentle Swim			07:00
08:00	Clubs	Adult Gentle Swim	Adult Gentle Swim	Adult Gentle Swim	Adult Gentle Swim			08:00
09:00	Crash Course	Crash Course	Crash Course	Crash Course	Crash Course	Swim 4 Fitness	Clubs	09:00
10:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	10:00
11:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	11:00
12:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	12:00
13:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	13:00
14:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	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 Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	16:00
17:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	17:00
18:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	18:00
19:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	19:00
20:00	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs	20:00
21:00	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs	21:00
22:00								22:00

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.

This centre has disabled accessible steps and hoist available.

Lockers require a £1 coin.