

Rainbow Leisure 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								07:00
08:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone (Finishes at 08:55)	Swim 4 Everyone (Finishes at 08:55)	08:00
09:00								09:00
10:00	Schools (Finishes at 11:55)	Schools (Finishes at 11:55)	Schools (Finishes at 11:55)	Schools (Finishes at 11:55)	Schools (Finishes at 11:55)	Swim Lessons	Swim Lessons	10:00
11:00	Swim 4 Everyone* (Finishes at 10:55) Adult Gentle Swim*	Aqua Fit (Finishes) Swim 4 Everyone* (Finishes at 11:55)	Swim 4 Everyone* (Finishes at 11:55)	Adult Swim Lessons	Swim 4 Everyone* (Finishes at 11:55)		Swim 4 Everyone* (Finishes at 08:55)	11:00
12:00	Adult Gentle Swim (Finishes at 12:55)	Adult Gentle Swim (Finishes at 12:55)	Adult Gentle Swim (Finishes at 12:55)	Adult Gentle Swim (Finishes at 12:55)	Adult Gentle Swim (Finishes at 12:55)			12:00
13:00	Schools (Finishes at 15:15)	Schools (Finishes at 15:15)	Schools (Finishes at 15:15)	Schools (Finishes at 15:15)	Schools (Finishes at 15:15)	Family Fun Swim	Family Fun Swim	13:00
14:00	Women Only* (Finishes at 13:55) Swim 4 Everyone* (Finishes at 15:55)	Swim 4 Everyone* (Finishes at 15:55)	Adult Gentle Swim* (Finishes at 15:55)	Women Only* (Finishes at 13:55) Adult Gentle Swim* (Finishes at 14:55)	Adult Gentle Swim* (Finishes at 13:55) Colleague Training	Family Fun Swim (Finishes at 14:45)	Family Fun Swim (Finishes at 14:45)	14:00
15:00				Aqua Fit (Finishes at 15:55) Swim 4 Everyone* (Finishes at 15:55)		Family Fun Swim (Finishes at 15:55)	Swim Lessons Family Fun Swim* (Finishes at 15:55) Adult Gentle Swim* (Finishes at 16:55)	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Adult Gentle Swim (Finishes at 16:55)		16:00
17:00					Swim 4 Everyone (Finishes at 18:55)		Triathlon Club (Starts 17:05 - Finishes at 18:05)	17:00
18:00	Swim 4 Everyone	Clubs (Finishes at 19:55)	Clubs (Finishes at 18:55)	Swim 4 Everyone (Finishes at 19:55)	Swim Lessons (Finishes at 19:55)			18:00
19:00	Clubs (Finishes at 19:55)		Swim 4 Everyone (Finishes at 19:55)	Men Only Aqua Circuit (Finishes at 19:55)	Swim 4 Everyone* (Finishes at 19:55)	Adult Gentle Swim (Finishes at 19:55)		19:00
20:00	Women Only Aqua Fit* (Finishes at 20:55) Women Only (Finishes at 20:55)	Aqua Fit (Finishes at 20:55) Adult Gentle Swim*	Adult Gentle Swim (Finishes at 20:55)	Aqua Zumba (Finishes at 20:55) Women Only* (Finishes at 20:55)				20:00
21:00	Adult Gentle Swim (Finishes at 21:55)	Adult Gentle Swim (Finishes at 21:55)	Triathlon Club (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.

Sessions marked with an * will take place in the 17.5m pool.

Family Swimming promotion. £5 for 2 adults and 2 children.