

# Monday

## Swimming Timetable - Term Time

Rainbow Leisure Centre

MAIN POOL			TEACHING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL
06:00-09:25	Lane Swimming	Full Pool			
09:30-12:00	Lane Swimming	Half Pool, 17m			
09:30-12:00	Schools	Boom/2 lanes	10:30-16:00	Under 5's Fun Swimming	Full Pool
12:00-13:00	Adult Swimming	Full Pool, Laned			
13:00-15:15	Schools	Boom/2 lanes			
13:00-14:00	Ladies Swimming	Half Pool, 17m			
14:00-15:15	Lane Swimming	Half Pool, 17m			
15:15-15:55	Lane Swimming	Full Pool			
16:00-18:00	Swim Lessons	Full Pool	16:00-18:00	Swim Lessons	Full Pool
18:00-20:00	Clubs	Half Pool			
18:00-20:00	Lane Swimming	Half Pool			
20:00-21:00	Ladies Swimming	Full pool/17m /Laned			
20:00-20:55	Aqua Classes	Boom			
21:00-22:00	Adult Swimming	Full Pool/Laned			

This timetable is in operation over the following dates: May 2019-March 2020

Timetable last updated: 15/05/19

# Tuesday

## Swimming Timetable - Term Time

Rainbow Leisure Centre

MAIN POOL			TEACHING POOL		
TIME	SESSION	NO. OF LANES	SESSION	HALF/FULL POOL	
06:00-08:25	Lane Swimming	Full Pool			
08:30-09:25	Lane Swimming	Full Pool/17m			
08:30-09:25	Aqua Classes	Boom			
09:30-12:00	Lane Swimming	Half Pool/17m			
09:30-12:00	Schools	Boom/2 Lanes	10:30-16:00	Under 5's Fun Swimming Full Pool	
12:00-13:00	Adult Swimming	Full Pool/Laned			
13:00-15:15	Schools	Boom/2 Lanes			
13:00-15:15	Lane Swimming	Half Pool/17m			
15:15-16:00	Public Swimming	Full Pool			
16:00-18:00	Swim Lessons	Full Pool	16:00-18:00	Swim Lessons Full Pool	
18:00-20:00	Swim Lessons	2 lanes			
18:00-20:00	Clubs	4 lanes			
20:00-21:00	Adult Swimming	Full Pool/17m/Laned			
20:00-20:55	Aqua Classes	Boom			
21:00-22:00	Adult Swimming	Full Pool/Laned			

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# Wednesday

## Swimming Timetable - Term Time

Rainbow Leisure Centre

MAIN POOL			TEACHING POOL		
TIME	SESSION	NO. OF LANES	SESSION	HALF/FULL POOL	
06:00-09:25	Lane Swimming	Full Pool			
09:30-12:00	Lane Swimming	Half Pool, 17m			
09:30-12:00	Schools	Boom/2 lanes	10:30-16:00	Under 5's Fun Swimming Full Pool	
12:00-13:00	Adult Swimming	Full Pool, Laned			
13:00-15:15	Schools	Boom/2 lanes			
13:00-15:15	Lane Swimming	Half Pool, 17m			
15:15-15:55	Public Swimming	Full Pool			
16:00-18:00	Swim Lessons	Full Pool	16:00-18:00	Swim Lessons Full Pool	
18:00-19:00	Clubs	Full Pool			
19:00-20:00	Lane Swimming	Full Pool			
20:00-21:00	Adult Swimming	Full Pool/Laned			
21:00-22:00	Adult Swimming	2 lanes			
21:00-22:00	Clubs	4 Lanes			

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Timetable last updated: 15/05/19

# Thursday

## Swimming Timetable - Term Time

Rainbow Leisure Centre

MAIN POOL			TEACHING POOL		
TIME	SESSION	NO. OF LANES	SESSION	HALF/FULL POOL	
06:00-09:25	Lane Swimming	Full Pool			
09:30-10:00	Lane Swimming	Half Pool/17m			
09:30-12:00	Schools	Boom/2 lanes			
10:00-12:00	Adult Swim Lessons	Half Pool/17m	10:30-16:00	Under 5's Fun Swimming	Full Pool
12:00-13:00	Adult Swimming	Full Pool/Laned			
13:00-15:15	Schools	Boom/2 lanes			
13:00-14:00	Ladies Swimming	Half Pool/17m			
14:00-15:00	Adult Swimming	Half Pool/17m			
15:00-15:55	Public Swimming	Half Pool/17m			
15:15-15:55	Aqua Classes	Boom			
16:00-18:00	Swim Lessons	Full Pool	16:00-18:00	Swim Lessons	Full Pool
18:00-19:00	Lane Swimming	Full Pool			
19:00-20:00	Lane Swimming	Full Pool/17m			
19:00-19:55	Aqua Classes	Boom/Mens			
20:00-21:00	Ladies Swimming	Full Pool/17m/Laned			
20:00-20:55	Aqua Classes	Boom/Aqua Zumba			
21:00-22:00	Adult Swimming	Full Pool/Laned			

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Timetable last updated: 15/05/19

Please check [www.everyoneactive.com](http://www.everyoneactive.com) for any timetable changes.

# Friday

## Swimming Timetable - Term Time

Rainbow Leisure Centre

MAIN POOL			TEACHING POOL		
TIME	SESSION	NO. OF LANES	SESSION	HALF/FULL POOL	
06:00-08:25	Lane Swimming	Full Pool			
08:30-09:25	Lane Swimming	Full Pool/17m			
08:30-09:25	Aqua Classes	Boom			
09:30-12:00	Lane Swimming	Half Pool/17m			
09:30-12:00	Schools	Boom/2 Lanes	10:30-14:00	Under 5's Fun Swimming	Full Pool
12:00-13:00	Adult Swimming	Full Pool/Laned			
13:00-15:15	Schools	Boom/2 Lanes			
13:00-14:00	Adult Swimming	Half Pool/17m			
14:00-16:00	Colleague Training	Half Pool/17m	14:00-16:00	Colleague Training	Full Pool
16:00-20:00	Swim Lessons	2 lanes	16:00-18:00	Swim Lessons	Full Pool
16:00-19:00	Public Swimming	4 Lanes			
19:00-20:00	Adult Swimming	4 lanes			

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# Saturday

## Swimming Timetable - Term Time

Rainbow Leisure Centre

MAIN POOL			TEACHING POOL		
TIME	SESSION	NO. OF LANES		SESSION	HALF/FULL POOL
08:00-09:00	Public Swimming	Full Pool			
09:00-12:00	Swim Lessons	Full Pool	09:00-12:00	Swim Lessons	Full Pool
12:15-15:45	Family Swimming	Full Pool	12:15-17:00	Family Swimming	Full Pool
16:00-17:00	Adult Swimming	Full Pool			

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# Sunday

## Swimming Timetable - Term Time

Rainbow Leisure Centre

MAIN POOL			TEACHING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL
08:00-09:00	Public Swimming	Full Pool	08:30-12:00	Swim Lessons	Full Pool
09:00-12:00	Swim Lessons	2 Lanes			
09:00-12:00	Public Swimming	4 lanes			
12:15-14:55	Family Swimming	Full Pool	12:15-16:00	Family Swimming	Full Pool
15:00-16:00	Family Swimming	Full Pool/17m			
15:00-17:00	Swim Lessons	Boom			
16:00-17:00	Adult Swimming	Full Pool/17m	16:00-17:00	Swim Lessons	Full Pool
17:05-18:05	Clubs	Full Pool			

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