

Swim Programme - Term Time

Sunderland Aquatic Centre

FAMILY AND FUN

DAY	TIME	SESSION	POOL
Monday	07:00-08:30	Swim 4 Everyone (1.25m)	DP
	08:30-16:00	Swim 4 Everyone (1.25m)	MPA
	12:00-13:00	Public Diving (4.0m)	DP
	16:00-18:30	Diving Squad (4.0m)	DP
	18:30-20:00	Swim 4 Everyone (1.25m)	DP
Tuesday	07:00-20:00	Swim 4 Everyone (1.25m)	MPA
	12:00-13:00	Under 5's Fun Swim (0.3m)	DP
	17:30-19:00	Family Fun (1.25m)	MPA
Wednesday	07:00-20:00	Swim 4 Everyone (1.25m)	DP
	17:30-19:00	Family Fun Swim (1.25m)	DP
Thursday	07:00-08:30	Swim 4 Everyone (1.25m)	DP
	08:30-16:00	Swim 4 Everyone (1.25m)	MPA
	12:00-13:00	Public Diving (4.0m)	DP
	18:30-20:00	Swim 4 Everyone (1.25m)	MPA
	18:30-21:00	Diving Squad (4.0m)	DP
Friday	07:00-16:00	Swim 4 Everyone (1.25m)	MPA
	16:00-20:00	Swim 4 Everyone (1.25m)	MPA

MPA = Main Pool A MPB = Main Pool B DP = Diving Pool

Timetable correct as at May 2018.

Please check www.everyoneactive.com for any timetable changes.

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DAY	TIME	SESSION	POOL
Saturday	12:30-13:30	Public Diving (4.0m)	DP
	13:00-19:00	Swim 4 Everyone (1.25m)	MPA
	13:00-19:00	Family Fun (1.25m)	MPA
	13:30-15:00	Atlantis Mega Inflatable (2.0m)	MPB
	13:30-17:30	Diving Squad (4.0m)	DP
	15:00-16:30	Atlantis Mega Inflatable (2.0m)	MPB
Sunday	08:30-13:00	Swim 4 Everyone (1.25m)	MPA
	13:00-14:00	Under 5's Fun Swim (0.3m)	DP
	13:00-17:30	Swim 4 Everyone (1.25m)	MPA
	13:00-17:30	Family Fun (1.25m)	MPA
	14:30-16:00	Atlantis Mega Inflatable (2.0m)	MPB
	16:00-17:30	Atlantis Mega Inflatable (2.0m)	MPB

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FITNESS AND HEALTH

DAY	TIME	SESSION	POOL
Monday	07:00-08:30	Swim 4 Fitness (2 x lanes at 1.25m)	DP
	08:30 - 16:00	Swim 4 Fitness (6 x lanes at various depths)	MPA
		18:30 - 20:00	Swim 4 Fitness (3 x lanes at various depths)
	18:30-20:00	Swim 4 Fitness (2 x lanes at 1.25m)	DP
Tuesday	07:00 - 20:00	Swim 4 Fitness (6 x lanes at various depths)	MPA
Wednesday	07:00-07:30	Swim 4 Fitness (2 x lanes at 1.25m)	DP
	07:30 - 20:00	Swim 4 Fitness (5 x 50m lanes 1.25m to 2.0m)	MPA
Thursday	07:00-08:30	Swim 4 Fitness (2 x lanes at 1.25m)	DP
	08:30 - 16:00	Swim 4 Fitness (6 x lanes at various depths)	MPA
		18:30 - 20:00	Swim 4 Fitness (6 x lanes at various depths)
Friday	07:00 - 16:00	Swim 4 Fitness (6 x lanes at various depths)	MPA
		16:00 - 18:30	Swim 4 Fitness (3 x lanes at various depths)
	18:30 - 20:00	Swim 4 Fitness (6 x lanes at various depths)	MPA

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FITNESS AND HEALTH

DAY	TIME	SESSION	POOL
Saturday	10:00 - 12:00	Swim 4 Fitness (5 x 50m lanes 1.25m to 2.0m)	MPA
	13:00 - 19:00	Swim 4 Fitness (6 x lanes at various depths)	MPA
Sunday	08:30 - 16:00	Swim 4 Fitness (6 x lanes at various depths)	MPA
	16:00 - 19:00	Swim 4 Fitness (3 x lanes at various depths)	MPA

LEARNING TO SWIM

DAY	TIME	SESSION	LANES
Monday	09:00-12:00	School Swimming (1.0 & 2.0m)	DP/ MPB
	13:00-15:00	School Swimming (1.0 & 2.0m)	DP/PB
	16:00-20:00	Swim Lessons (various depths)	MPA
Tuesday	09:00-12:00	School Swimming (1.0 & 2.0m)	DP/ MPB
	13:00-15:00	School Swimming (1.0 & 2.0m)	DP/ MPB
	16:00-18:30	Diving Lessons (4.0m)	DP
Wednesday	10:00-11:30	Swim Lessons	DP
	13:30-15:00	Swim Lessons	DP

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LEARNING TO SWIM			
DAY	TIME	SESSION	LANES
Thursday	09:00-10:00	Swim Lessons (2.0m)	MPB
	09:00-12:00	School Swimming (1.0 & 2.0m)	DP/ MPB
	13:00-14:00	Swim Lessons (1.25m)	MPA
	13:00-15:00	School Swimming (1.0 & 2.0m)	DP/ MPB
	16:00-18:30	Diving Squad / Diving Lessons (4.0m)	DP
	16:00-18:30	Swim Lessons (various depths)	MPA
Friday	09:00-12:00	School Swimming (1.0 & 2.0m)	DP/ MPB
	13:00-15:00	School Swimming (1.0 & 2.0m)	DP/ MPB
	16:00-18:30	Diving Squad / Diving Lessons (4.0m)	DP
	16:00-18:30	Swim Lessons (various depths)	MPA
Saturday	9:30-12:30	Diving Lessons (4.0m)	DP
	17:30-19:00	Diving Lessons (4.0m)	DP
Sunday	08:30-13:00	Swim Lessons (1.0m)	DP
	08:30-13:30	Swim Lessons (2.0m)	MPB

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WATER WORKOUTS

DAY	TIME	SESSION	POOL
Monday	09:30-10:20	Aqua Class	MPA
	20:00-20:50	Aqua Class	MPA
Tuesday	10:00-10:50	Aqua Class	MPA
	18:45-19:35	Aqua Class (1.25m)	DP
Wednesday	20:00-20:50	Aqua Class (1.25m)	DP
Thursday	14:00-14:50	Aqua Class	MPA
Friday	11:30-12:30	Aqua Class	MPA
	18:30-19:20	Aqua Class (1.25m)	DP
Sunday	18:00-18:50	Aqua Class	MPA

HIRE

DAY	TIME	SESSION	POOL
Wednesday	08:30-16:00	Private 50m Lane Hire	MPA
Saturday	10:00-12:00	Private 50m Lane Hire	MPA
	13:00-19:00	Private 25m Lane Hire	MPA
	16:30-18:00	Atlantis Mega Inflatable Party / Private Hire (2.0m)	MPB
Sunday	14:00-15:00	Pool Party / Private Hire	DP
	15:00-16:00	Pool Party / Private Hire	DP
	16:00-17:00	Pool Party / Private Hire	DP

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