

# 5th October - 20th December 2020: Swimming Timetable (excluding Half Term 26/10/2020 - 1/11/2020)

General Public Swim Access

Adult Classes

Private Hire

Fun Sessions

Time	Monday 26th October	Tuesday 27th October	Wednesday 28th October	Thursday 29th October	Friday 30th October	Saturday 31st October	Sunday 1st November	Time
06:00	King fishers 6-7.15  Lane Swim 06:00-14:00	Lane Swim 06:00-16:00	King fishers 6-7.15  Lane Swim 06:00-16:00	Lane Swim 06:00-09:00	Lane Swim 06:00-10:00			06:00
06:30				06:30				
07:00				07:00				
07:30				07:30				
08:00				08:00				
08:30				08:30				
09:00				09:00				
09:30				09:30				
10:00				10:00				
10:30				10:30				
11:00	Lane Swim 06:00-16:00	Lane Swim 06:00-16:00	Lane Swim 06:00-16:00	Aquafit 09:00-09:45	Parent & Babe** 10.00 - 10.45	Lessons 08:00-11:45	Lane Swim 08:00 - 10:00	10:00
11:30				11:30				
12:00				12:00				
12:30				12:30				
13:00				13:00				
13:30				13:30				
14:00				14:00				
14:30				14:30				
15:00				15:00				
15:30				15:30				
16:00	Lessons 16:00-19:00	Lessons 16:00-19:00 (1 Lane 18:15-19:00)	Lessons 16:00-19:00	Lessons 16:00-19:00	Lessons 16:00-19:00	Lane Swim 16:00 - 17:30	Lane Swim 16:00 - 17:00	16:00
16:30								16:30
17:00								17:00
17:30								17:30
18:00								18:00
18:30								18:30
19:00								19:00
19:30								19:30
20:00								20:00
20:30								20:30
21:00	Tri Club 21:00 - 22:00	Lane Swim 20:00-22:00	Kingfishers 19:00-21:00	Kingfishers 18:30-21:00	Lane Swim 19:00-22:00	Rookie 7-8pm	Lane Swim 18:15-19:00 = 1 lane 19:00-20:00 = 3 lane 20:00-21:30 = whole pool	21:00
21:30								21:30

The information on this timetable is correct at the time of publication but may be subject to change at any time.

**POOL RATIOS & SAFETY**  
Age 8+ and competent = Swim Alone  
Adult = 16 years and older

**POOL TERMS**  
**Competent Swimmer** is defined as an individual who can swim 25m unaided.

Individuals qualify for **concession** prices if they are over 60 years of age or between 3 - 15 years of age.

Children **under 3** years old swim for free at Kings Fitness & Leisure.

**\*FAMILY SWIM**  
This session must be pre-booked  
Available to all members  
Available on a pay as you go basis to any accompanying parents/carers/siblings

**\*\*PARENT & BABE**  
This session must be pre-booked  
Available to non members & members

**LANE SWIM**  
Must be competent swimmers

Shower facilities are not available post swim

Please use the poolside showers before your swim

You will need to arrive "beach ready"