

October 2020 Half Term Swimming Timetable

October 2020 Half Term Swimming Timetable								General Public Swim Access					
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	Lane Swim 06:00-10:00	Lane Swim 06:00-10:00	Lane Swim 06:00-10:00	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	Family Swim* 10:00 - 10:45	Family Swim* 10:00 - 10:45	Family Swim* 10:00 - 10:45	Family Swim* 10:00 - 10:45	Family Swim* 10:00 - 10:45	Lessons 08:00-11:45	Lane Swim 08:00 - 10:00	10:00					
10:30							Family Swim* 10:00 - 10:45	10:30					
11:00	Family Swim* 11:00 - 11:45	Family Swim* 11:00 - 11:45	Family Swim* 11:00 - 11:45	Family Swim* 11:00 - 11:45	Family Swim* 11:00 - 11:45			Family Swim* 11:00 - 11:45	11:00				
11:30								Family Swim* 11:00 - 11:45	11:30				
12:00	NPLQ Course 12:00 - 14:00 2 lanes	NPLQ Course 12:00 - 14:00 2 lanes	NPLQ Course 12:00 - 14:00 2 lanes	NPLQ Course 12:00 - 14:00 2 lanes	NPLQ Course 12:00 - 14:00 2 lanes	NPLQ Course 12:00 - 14:00 2 lanes	NPLQ Course 12:00 - 14:00 3 lanes	12:00					
12:30	Lane Swim 12:00 - 14:00 3 lanes	Lane Swim 12:00 - 14:00 3 lanes	Lane Swim 12:00 - 14:00 3 lanes	Lane Swim 12:00 - 14:00 3 lanes	Lane Swim 12:00 - 14:00 3 lanes	Lane Swim 12:00 - 14:00 3 lanes	Lane Swim 12:00 - 14:00	12:30					
13:00								13:00					
13:30									13:30				
14:00	Disabled & Remedial 14.00 - 15.00	Lane Swim 14:00-16:00	Lane Swim 14:00-16:00	Lane Swim 14:00-16:00	Lane Swim 14:00-16:00	Family Swim* 14.00 - 14.45	Family Swim* 14.00 - 14.45	14:00					
14:30													14:30
15:00	Lane Swim 15.00-16.00											Family Swim* 15.00 - 15.45	Family Swim* 15.00 - 15.45
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												Kingfishers 16:00-18:00	17:00
17:30													17:30
18:00	Lane Swim 18:15-19:00	Lane Swim 18:15 -19:00	Lane Swim 18:15-19:00					18:00					
18:30								18:30					
19:00	Kingfishers 19:00-21:00	AquaFit 19:00-19:45	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		19:00					
19:30												19:30	
20:00												20:00	
20:30							Lane Swim 20:00-22:00						20:30
21:00	Tri Club 21:00 - 22:00		Lane Swim 21:00-22:00	Lane Swim 21:00-22:00				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

LANE SWIM
Must be competent swimmers

You will need to arrive "beach ready"
Please use the poolside showers before your swim
Shower facilities are not available post swim