

POOL TIMETABLE

FROM 17TH MAY 2021 (UPDATED 25TH MAY 2021)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:30am	King Fishers Swim Club 06.00 - 07.15		King Fishers Swim Club 06.00 - 07.15				
7:00am							
7:30am				Member Lane Swim			
8:00am					Member Lane Swim		
8:30am	Member Lane Swim	Member Lane Swim	Member Lane Swim				
9:00am							Member Lane Swim
9:30am	Pre-school Lessons 09.00 - 11.20	Pre-school Lessons 09.00 - 11.20		Aqua Fit 09.00 - 09.45			
10:00am							
10:30am				Pre-school Lessons 10.00 - 11.45	Parent & Babe** 10.00 - 10.45	Swim Academy 08.00 - 13.15	Family Fun* 10.00 - 10.45
11:00am			Aqua Babes, Aqua Tots, & Adv Pre School 09.30 - 13.00				Family Fun* 11.00 - 11.45
11:30am			Member Swim		Pre-school Lessons 11.00 - 12.45		
12:00pm	Member Swim	Member Swim		Member Swim			Member Swim
12:30pm							Member Lane Swim
1:00pm							
1:30pm	School 13.20 - 13.50	School 13.30 - 14.00	School 13.30 - 14.00	School 13.15 - 14.15	Member Swim		
2:00pm							
2:30pm	Disabled & Remedial		KOW 14.15 - 15:05		School 13.30 - 14.00		Family Fun* 14.00 - 14.45
3:00pm		Member Swim		Member Swim	Member Lane Swim		
3:30pm	Member Swim	Member Lane Swim	Member Swim	Member Lane Swim	Member Swim	Member Lane Swim	Family Fun* 15.00 - 15.45
4:00pm		Lessons		Lessons			
4:30pm							Member Lane Swim
5:00pm	Swim Academy 16.00 - 19.00	Swim Academy 15.30 - 19.00	Swim Academy 16.00 - 19.00	Swim Academy 15.30 - 19.00	Swim Academy 16.00 - 19.00		Kingfishers Swim Club 16.00 - 18.00
5:30pm							
6:00pm							
6:30pm	M-Lane Swim 6.15 - 7pm	Member Swim 6.15 - 7pm	M-Lane Swim 6.15 - 7pm	Rookie Lifeguard 18.00 - 19.00			
7:00pm							
7:30pm	Kingfishers Swim Club 19.00 - 21.00	Aqua Fit 19.00 - 19.45	Kingfishers Swim Club 19.00 - 21.00	Kingfishers Swim Club 18.30 - 21.00	Rookie Lifeguard 19.00 - 20.00		
8:00pm							
8:30pm		West Country Tri Club 20.00 - 21.00		Member Lane Swim			
9:00pm							
9:30pm	Member Lane Swim	Member Lane Swim	Member Lane Swim		Member Lane Swim		
10:00pm							

General Public Swim Access
Swim Academy
Fitness Classes
Private Hire
Family Fun
Floor Depth 0.81m

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

POOL RATIOS & SAFETY
 Ages 0-2 = 1 Adult per Child
 Ages 3-4 = 1 Adult to 2 Children
 Ages 5-7 = 1 Adult to 3 Children
 Age 8+ and competent = Swim Alone
 Adult = 16 years and older

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

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.

***FAMILY FUN**
 This session must be pre-booked. Available to all members.

Available on a pay as you go basis to any accompanying parents/carers/siblings. Floor depth 0.81cm.

****PARENT & BABE (0-4 YEARS)**
 This session must be pre-booked. Available to members and non members.

LANE SWIM
 Must be competent swimmers

OTHER INFORMATION
 Please use the poolside showers before your swim. You will need to arrive "Swim ready"

Where there is an activity or lesson in the pool, this will require a 10 minute pool closure before and after to allow for depth changes.