

POOL TIMETABLE

MONDAY 26TH JULY 2021 - SUNDAY 1ST AUGUST 2021 - The information on this timetable is correct at the time of publication but may be subject to change at any time.

Changes will be displayed in Reception and on our Website.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30							
07:00							
07:30							
08:00	Lane Swim (until 09.50)	Lane Swim (until 09.50)	Lane Swim (until 09.50)	Lane Swim (until 08.50)	Lane Swim (until 09.50)		
08:30							
09:00				Aqua Fit 09.00 - 09.45			
09:30							
10:00	Family Fun* 10.00 - 10.45	Family Fun* 10.00 - 10.45	Family Fun* 10.00 - 10.45	Family Fun* 10.00 - 10.45	Family Fun* 10.00 - 10.45	Swim Academy 08.00 - 13.15	Family Fun* 10.00 - 10.45
10:30	Family Fun* 11.00 - 11.45	Family Fun* 11.00 - 11.45	Family Fun* 11.00 - 11.45	Family Fun* 11.00 - 11.45	Family Fun* 11.00 - 11.45		Family Fun* 11.00 - 11.45
11:00							
11:30							
12:00	General Swim 12.00 - 14.00	General Swim 12.00 - 15.50	General Swim 12.00 - 13.30	General Swim 12.00 - 15.50	General Swim 12.00 - 13.30	General Swim 13.25 - 18.00	General Swim 12.00 - 13.50
12:30	NPLQ Course		NPLQ Course		NPLQ Course		NPLQ Course
13:00							
13:30			Inflatable(Session 1)** 13.45 - 14.30		Inflatable(Session 1)** 13.45 - 14.30	NPLQ Course	
14:00	Disabled & Remedial 14.00 - 15.00		Inflatable(Session 2)** 14.45 - 15.30		Inflatable(Session 2)** 14.45 - 15.30		Family Fun* 14.00 - 14.45
14:30			INFLATABLE SET DOWN		INFLATABLE SET DOWN		Family Fun* 15.00 - 15.45
15:00	General Swim 15.00 - 15.50	Depth 0.81		Depth 0.81			
15:30							
16:00	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 - 20.00		
16:30							
17:00							
17:30							
18:00	Lane Swim 18.15 - 19.00	Member Swim 18.15 - 19.00	Lane Swim 18.15 - 19.00				
18:30							
19:00		Aqua Fit 19.05 - 19.50					
19:30	Kingfishers Swim Club 19.00 - 21.00	West Country Tri Club 20.00 - 21.00	Kingfishers Swim Club 19.00 - 21.00	Kingfishers Swim Club 18.30 - 21.00			
20:00							
20:30					Lane Swim 18.15 - 22.00		
21:00	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 19.15 - 22.00			
21:30							
22:00							

General Swim/Lane Swim
Swim Academy/Kingfishers Swim Club
Family Fun (Floor depth 0.81m)
National Pool Lifeguard Qualification
Inflatable (Floor depth 1m)
Aqua Fit

LANE SWIM
Must be competent swimmers (an individual who can swim 25m unaided). Please follow lane directional signs.

GENERAL SWIM
Open swimming session for all swimmers and abilities.

***FAMILY FUN**
This session must be pre-booked. Available to all members. Available on a pay as you go basis to any accompanying parent/carer/sibling(s). Floor depth at 0.81m. Floats and toys available.

****INFLATABLE**
This session must be pre-booked. Available to all members. Available on a pay as you go basis to any accompanying parent/carer/sibling(s). Floor depth at 1m. **Must be Competent Swimmers** (an individual who can swim 25m unaided).

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
Ages 8+ and competent = Swim Alone
Adult = 16 years and older
Children **under 3 years old** swim for free at Kings Fitness & Leisure.

OTHER INFORMATION
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 for set ups and set downs.
1-1 LESSONS
On occasions the swimming pool or a lane may be used for private 1-1 lessons.