POOL TIMETABLE

FROM MONDAY 27TH OCTOBER - SUNDAY 2ND NOVEMBER 2025

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 on our Website.

TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY MONDAY 06.00 - 22.00 06.00 - 22.00 06.00 - 22.00 06.00 - 22.00 08.00 - 18.00 06.00 - 22.00 08.00 - 18.00 Kingfishers Kingfishers Kingfishers Swim Club Swim Club Swim Club 06.00 - 07.30 06.00 - 07.30 06.00 - 07.30 Larle Swim Lane Swim 06.00 - 09.00 06.00 - 08.50 Lane Swin Lane Swim Lane Swim 06.00 - 08.50 06.00 - 09.00 06.00 - 09 30 08.00 - 09.50 Aqua Fit* Aqua Fit* 09.00 - 09.45 09.00 - 09.45 Pre-Schl/Aqua General/Lane Swim Swim Academy General/Lane Baby/Tots 09.00 - 10.45 08.00 - 12.10 Swim 09.00-11.15 Family Fun* General/Lane Swim Family Fun* (Variable 09.00 - 11.15 10.00 - 10.45 10.00 - 11.00 10.00 - 10.55 Pre-Schl/Aqua Baby/Tots 09.30 - 12.40 Kids Club Family Fun* Kids Club Kids Club (Variable 11.00 - 12.00 11.00 - 12.00 11.00 - 12.00 11.00 - 11.55 Depth) Kids Club General/Lane 11.30 - 12.30 Swim NPLQ Course 09.30 - 14.15 General/Lane Swim General/Lane 12.15 - 13.00 NPLQ Course General/Lane 12.00 - 13.15 Swim NPLQ Course 12.15 - 13.55 Swim General/Lane 12.15 - 13.55 12.15 - 13.45 NPLQ Course 12.15 - 14.20 Swim 12.15 - 14.20 General/Lane NPLQ Course NPLQ Course 12.45 - 14.25 12.45 - 14.20 Private Inflatable Party Hire 12.15 - 15.50 12.40 - 14.15 Swim Water Disabled & 13.30 - 14.30 12.15 - 15.50 Family Fun* Conditioning Remedial 14.00 - 15.00 14.00 - 15.00 14.00 - 15.00 Family Fun* Kids Club Family Fun* 14.30 - 15.30 14.30 - 15.30 14.30 - 15.30 Family Fun Set Down **Adults Only Swim** Lahe Swim 15.00 - 16 00 15.00 - 15.50 Family Fun Set Down Family Fun Set Down General/Lane Swim Swim Academy Swim Academy Swim Academy Swim Academy Swim Academy Kingfishers Swim Club 15.30 - 18.00 16.00 - 19.00 16.00 - 19.00 16.00 - 19.00 16.00 - 19.00 16.00 - 20.05 16.00 - 18.00 18.20 - 19 Aqua Fit* Kingfishers Swim Adult Swim 19.05 - 19.50 Club Lessons Kingfishers Swim Club Kingfishers Swim Club 19.00 - 20.20 18.30 - 21.00 19.00 - 21.00 19.00 - 21.00 West Country Tri Club 18.20 - 22.00 Kingfisher Swim Club Lane \$wim Lane Swim Lane Swim 20.20 - 22.00 21.00 - 22.00 21.00 - 22.00 21.00 - 22.00 19.10 - 22.00

Please see Kings Fitness Website for Swim England guidance relating to Frequently Asked Questions regarding Skin Conditions and Swimming participation, which we follow at Kings Fitness & Leisure. The Swimming Pool, Wetside Changing Rooms, Sauna and Steam Room will be unavailable during the Kids Club sessions



3 - 4 yrs = 1 Adult to 2 Children

5 - 7 yrs = 1 Adult to 3 Children

Adult = 16+ yrs

8yrs+ and competent = Swim Alone

25m Pool



Disabled/Pool Hoist



Limited Free



Free Wifi



Sauna & Steam Room (unavailable during Kids



Showers & **Changing Room**



Restrooms



No Footwear in **Changing Room**



Buggy Park



INFLATABLE & FAMILY FUN INFORMATION

This slot is bookable for birthday parties. #Only the last Sunday of every month will be reserved for Inflatable fun.

Inflatable Fun & Family Fun requires advance booking for each individual attending the session (members can book online/non members must call Reception 01934 744939 (option 2).

15 minutes at the start of the Inflatable sessions are for Competency Tests and Rules (sessions are 45 minutes). Participants MUST be competent swimmers (can swim 25m unaided)

Children who do not meet the requirements for Inflatable Fun may play in the Shallow End of the pool. Responsible Adults are allowed on the

Under 8's must be a Competent swimmer and have an adult with them.

^{*} Requires advance booking for each individual attending the session (Including under 3 year olds).