

January 2019 Pool Timetable

This timetable may change at very short notice, we apologise for any inconvenience that any alterations to the pool timetable may cause

Monday

Time	Activity	Open Lanes
6.30-7am	Swim for all	4 lanes
7.00-10am	One to one swim teaching	3 lanes
10.00-11.00	school swimming	3 lanes*
11.00-12.00	One to one swim teaching	3 lanes
15.30-17.30	Y Active	3 lanes
17.30-18.25	Swim for all	4 lanes
18.30-19.00	Float Fit starts 7th Jan	3 lanes
19.00-19.30	Float Fit starts 7th Jan	3 lanes
19.30-22.00	Swim for all	4 lanes

Tuesday

Time	Activity	Open Lanes
6.30-7am	Swim for all	4 lanes
7.00-10.00am	One to one swim teaching	3 lanes
10-11am	School swimming*	3 lanes
11am-12noon	One to one swim teaching	3 lanes
12.00-14.00	Swim for all	4 lanes
14.00-14.30	Aqua	2 lanes
14.30-16.00	Swim for all	4 lanes
16.00-17.30	Y Active	3 lanes *
17:30-19.30	Swim for all	4 lanes
19.30-20.00	Triathlon Technique starts 8th	3 lanes
20.00-21.00	Triathlon swim training starts 8th	2 lanes
21.00-22:00	Swim for all	4 lanes

*there will be a wider lane on the teaching lane from 4.30-5pm

Wednesday

Time	Activity	Open Lanes
6.30-7am	Swim for all	4 lanes
7.00-10.00am	One to one swim teaching	3 lanes
10.00-11.00	School swimming*	3 lanes
11.00-12.00	One to one swim teaching	3 lanes
12-12.25	Swim for all	4 lanes
12.30-13.00	Float Fit starts 9th Jan	3 lanes
13.00-16.00	Swim for all	4 lanes
15.00-16.00	Lifeguard training	3 lanes
16.00-17.30	Y Active	3 lanes
17.30-19.30	Swim for all	4 lanes
19.30-20.30	One to one swim teaching	3 lanes
20.30-22:00	Swim for all	4 lanes

Thursday

Time	Activity	Open Lanes
6.30-7am	Swim for all	4 lanes
7.00-10am	One to one swim teaching	3 lanes
10.00-11.00	school swimming	3 lanes*
11.00-12.00	One to one swim teaching	3 lanes
12.00-12.25	Swim for all	4 lanes
12.30-13.00	Float Fit starts 10th Jan	3 lanes
13.00-13.30	Float Fit starts 10th Jan	3 lanes
13.30-16.00	Swim for all	4 lanes
15.30-17.30	Y Active	3 lanes *
18.00-20.00	Swim for all	4 lanes
20.00-22.00	Y Swim Club starts 3 Jan	2 lanes

*there will be a wider lane on the teaching lane from 4-5.30pm

Friday

Time	Activity	Open Lanes
6.30-7am	Swim for all	4 lanes
7.00-7.45am	One to one swim teaching	3 lanes
7.45-8.30am	SWIMFIT- Open to all members	3 lanes
8.30-10am	One to one swim teaching	3 lanes
10.00-11.00am	school swimming	3 lanes*
11.00-12.00	Swim for all	4 lanes
12.00-14.30	Exercise referral swim	3 lanes
14.30-16.00	Swim for all	4 lanes
16.00-17.30	Y Active	3 lanes
17.30-18.00	Swim for all	4 lanes
18.00-21.15	swimming courses starts 11th Jan	3 lanes
21.15-22.00	Swim for all	4 lanes

Saturday

Time	Activity	Open Lanes
09.00-10.00	Swim for all	4 lanes
10.00-10.30	Float Fit starts 5th Jan	3 lanes
10.30-12.30	Swim for all	4 lanes
12.30-19.00	One to one swim teaching	3 lanes
16.00-17.00	Lifeguard training	3 lanes
19.00-20.00	Swim for all	4 lanes

Sunday

Time	Activity	Open Lanes
9.30-11.00am	Y Swim Club	2 lanes
9.00-18.30	Swim for all	2 to 4 lanes
11.30-18.00	One to one swim teaching	3 lanes
18.00-18.30	Swim for all	4 lanes

Activity description

Aqua - Pool based fitness exercises to take pressure off joints. Non-swimmers welcome (Please inform Instructor).

Family swim - opened up for parents and children at the weekends in the slow lane. Please refer to our under 16 rules at the back page. Times are as follows: **Saturday 10.30am to 20.00, Sunday: 11.00am to 18.30**

FloatFit - 30 mins all on water! These low impact classes give a fun full body workout, with a mixture of high intensity and yoga-inspired classes to suit all abilities- **Please wear comfortable gym wear for this class i.e: clean shorts and t-shirt.**

Please note that the lanes will be moved 10 mins prior to each Floatfit session to allow time for set up

SWIMFIT - A fun coached workout in the water open to all **Swimming lifestyle course** - this 8 week course aims to develop water confidence, movement and breathing skills for beginners as well as improving your stroke technique. **Next starts 11 January**, book at Club Reception.

Triathlon swim - two coached sessions, free to all members and guests. Focussed on front crawl, aimed at triathlon and open water swimming.

Y Swim Club - YSwim is the YMCA members' swimming club providing coached training sessions designed to help competent and developing swimmers to improve their technique, speed and stamina. The club sessions are held twice a week, on Thursdays from 8pm and on Sundays from 9-30am.

Swim for all - 4 lanes open to all members: slow, slow/medium, fast/medium, fast