

Pool Timetable Monday 2 September – Sunday 22 December



MAIN POOL

	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Monday	Swim Club	Public lane swim*		Public swim	Aqua Aerobics			Public swim	Schools	Public swim		Swim School	Public lane swim		Swim Club		Adult lane swim
Tuesday	Pool closed**	Public lane swim**		Public swim	Swim and Social	Aqua Aerobics		Public swim	Schools		Public swim		Swim School		Swim Club		Adult lane swim
Wednesday	Swim Club	Public lane swim**		Public swim	Swim and Active		Public swim		Schools	Staff training		Swim School		Public swim		Aqua	Adult lane swim
Thursday	Swim Club	Public lane swim**		Aqua Aerobics	Adult lessons		Schools	Public swim		Public swim		Swim School		Public swim	Swim for Fitness		Adult lane swim
Friday	Swim Club	Public lane swim*		Public swim		Aqua Aerobics		Public swim	Schools		Public swim		Swim School	Public swim		Swim Club	Pool closed**
Saturday	Pool closed**	Public lane swim		Swim School			Public swim					Pool Hire		Pool Hire			Pool closed**
Sunday	Pool closed**	Public lane swim		ASA		Fun Swim		Public swim				Special Needs		Swim Club			Pool closed**

CHILD SUPERVISION

0-7 years:

- One adult to two children
- Must be accompanied both in the changing rooms and the water by an adult
- The person accompanying the child should be over the age of 16 or the biological parent (if younger)
- The accompanying person must be in the water, maintain constant watch and be in close contact.

8 years and over (non or weak swimmers):

- Supervision in the water is required
- The person accompanying the child should be over the age of 16 or the biological parent (if younger)
- The accompanying person must be in the water, maintain constant watch and be in close contact.

8 years and over (competent swimmers):

- No supervision needed

SESSION INFORMATION

- Swimming gala – Mondays, 21 October and 16 December 3.30-6pm (no swimming lessons).
- Scuba – 28, 29 September, 26, 27 October, 23, 24 November.
- Swim England will be using half the pool on 15, 29 September, and 6 October.
- Swim for Fitness is for lane swimming only, with optional guidance from a qualified swimming coach to improve stroke or stamina.
- Some sessions may be shared with lifeguard qualification sessions.
- Staff training will take place on Wednesdays in the main pool between 7-8pm once a month.

Swimming pool water temperatures are regulated between 27°C – 29.5°C which follows the HSE guidance. Last entry is 30 minutes prior to session end.

Customers may be asked to leave the pool to get changed at the end of a session.

During school holidays school sessions will become public swim.

Programme subject to change without prior notice, including during school holidays.

Unless stated there is generally one double lane provided during public swims.

The John Warner Sports Centre reserves the right to alter the number of lanes provided during any public swim session.

All information printed in this publication was correct at time of going to print. However, it is subject to change.

LEARNER POOL

	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Monday	Pool closed**			Public swim	Swim School		Schools	Swim school		Schools	Public swim		Swim School	Public swim			Pool closed**
Tuesday	Pool closed**			Public swim		Schools		Swim School		Schools	Public swim		Swim School				Pool closed**
Wednesday	Pool closed**			Public swim		Swim School		Public swim		Schools	Staff training		Swim School	Staff training	Public swim		Pool closed**
Thursday	Pool closed**			Public swim		Swim School			Schools	Public swim		Swim School		Public swim			Pool closed**
Friday	Pool closed**			Public swim			Swim School		Schools		Fun toy swim		Swim School				Pool closed**
Saturday	Pool closed**			Swim School			Public swim					Pool Hire		Pool Hire		Pool closed**	
Sunday	Pool closed**			Public swim		Fun Swim		Public swim				Special Needs					Pool closed**

* Monday and Friday, 7-8.30am, one lane may be designated to The John Warner School on some occasions. **Olympic lane swimming.

