

POOL TIMETABLE

	06:00	Morning				12:00	Afternoon				17:00	Evening				22:00						
Monday		07.00 - 08.00 Lane Swim	08.30 - 09.30 Lane Swim		10.00 - 10.30 Adult Lessons	10.30 - 11.30 Lane Swim		12.00 - 12.45 Aqua For Health		13.30 - 14.30 General Swim		15.00 - 16.20 Family Swim		16.30 - 18.00 Metro Coaching		18.15 - 19.00 Aqua		19.10 - 20.00 Lane Swim		20.20 - 21.10 Lane Swim		
Tuesday		07.00 - 08.00 Lane Swim		09.00 - 14.35 Schools											16.00 - 17.30 Lessons		17.30 - 19.00 Metro Coaching		19.10 - 20.00 Lane Swim		20.20 - 21.10 Lane Swim	
Wednesday		07.00 - 08.00 Lane Swim	08.30 - 09.30 Lane Swim			10.30 - 11.30 Over 50's Swim		12.00 - 13.00 Lane Swim		13.30 - 14.30 Schools				15.50 - 17.20 SEND Family Swim		17.30 - 19.00 Metro Coaching		19.10 - 20.00 Lane Swim		20.20 - 21.10 Adult Lane Swim		
Thursday		07.00 - 08.00 Lane Swim	08.30 - 09.30 Lane Swim			10.30 - 11.30 Ladies Only Swim		12.00 - 13.00 Lane Swim		13.30 - 14.15 Aqua					16.00 - 17.30 Lessons		17.30 - 19.00 Metro Coaching		19.10 - 20.00 Lane Swim		20.00 - 20.45 Aqua	
Friday		07.00 - 08.00 Lane Swim	08.30 - 09.30 Lane Swim			10.00 - 11.00 Lane Swim		11.30 - 13.00 Lane Swim		13.30 - 14.30 General Swim						16.30 - 19.00 Metro Coaching				19.10 - 20.40 Lane Swim		
Saturday			08.00 - 09.00 Lane Swim		09.30 - 10.30 Lane Swim		11.00 - 12.00 Family Swim		12.30 - 13.30 Lane Swim		14.00 - 15.30 Family Fun Swim				16.00 - 17.15 Family Swim							
Sunday				09.00 - 10.00 Lane Swim		10.30 - 11.30 Lane Swim		12.00 - 13.00 Family Swim		13.30 - 14.30 Family Swim		15.00 - 16.00 Family Swim			16.30 - 18.00 Adult Lane Swim							

General Policy: All children under the age of 8 must be accompanied in the water by a *responsible person. *Responsible person must be 16 years or above and be a competent swimmer of 25 metres as a minimum.



Children under 4 years:

- A responsible person must be present in the water with the children at all times.
- Children must wear approved floatation devices unless the ratio is 1:1 and responsible person is in constant contact.
- Children and responsible person must stay in the designated safe area.



Children aged 4-7 years:

- A responsible person must be present in the water with the children at all times.
- If children are not confident swimmers, approved floatation devices must be worn and they must stay within the designated safe areas.



Children aged 8 years & over:

- No parent supervision required provided the child can swim at least 25 metres.
- Children must be able to swim 25 metres as a minimum.