

Pool Activity Programme Summer 2012

Castleford Swimming Pool

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Prime Timers Over 50's Sessions	Adult and Family Swimming Sessions	Schools	Public Swimming	Fun Session	Fitness Class	Club Use	Staff Training
Prime Timers sessions are aimed at over 50s. Staff will be on hand to take	Public swimming sessions for adults, 16 years and over. Some sessions are	Pool is shared between schools and public for swimming.	The pool is available for public use. Some sessions may be shared with	Aimed at young people and families. Floats are put out for you to have fun	Instructor led fitness classes for all abilities / levels	Pool booked out for club use. Ask at reception for club details if you are interested in	The pool is closed for staff training during the period on the timetable.



	MORNING												AFTERNOON												EVENING																																																																																																																							
	07:00	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00																																																																																			
MONDAY	Main Pool 7 - 8am Public Lane Swimming												Main Pool 8 - 9am Adults Only Swimming												Main Pool 9am - 11am Public Swimming												Main Pool 11am - 12pm Aqua Fit												Main Pool 12 - 1pm Adults Only Swim												Main Pool 1 - 3pm Schools / Public Swimming												Main Pool 3 - 4pm Adults Only Swim												Main Pool 4 - 5.15pm Adult / Public												Main Pool 5.15 - 6.15pm Public Lane swimming												Main Pool 6.15 - 7.15pm Aqua Fit												Main Pool 7.15 - 8.30pm Junior Water Polo												Main Pool 8.30 - 9.30pm Water Polo											
TUESDAY	Main Pool 7 - 8am Public Lane Swimming												Main Pool 8 - 9am Adults Only Swimming												Main Pool 9am - 9.45am Public Swimming												Main Pool 9.45 - 11.45am Schools / Public Swimming												Main Pool 12 - 1pm Adults Only Swim												Main Pool 1 - 3pm Schools / Public Swimming												Main Pool 3 - 4pm Public swimming												Main Pool 4 - 6.30pm Junior Swimming Lessons												Main Pool 6.35 - 7.35pm Mixed swim Fit												Main Pool 7.35 - 9.30pm Adults Only Swimming																																			
WEDNESDAY	Main Pool 7 - 8am Public Lane Swimming												Main Pool 8 - 9am Adults Only Swimming												Main Pool 9am - 9.30am Public Swimming												Main Pool 9.30 - 10.30am Joint and Muscle Mobility												Main Pool 10.30am - 12pm Public Swimming												Main Pool 12 - 1pm Adults Only Swim												Main Pool 1 - 3pm Schools / Public Swimming												Main Pool 3 - 5pm Adult / Public												Main Pool 4.45 - 6.30pm Wakefield Swimming Club												Main Pool 6.30 - 7.30pm Wakefield And District Disabled Sports												Main Pool 7.30 - 8.30pm Open Water Polo Training												Main Pool 8.30 - 9.30pm Adults Only Swim											
THURSDAY	Main Pool 7 - 8am Public Lane Swimming												Main Pool 8 - 9am Adults Only Swimming												Main Pool 9 - 10am Public Swimming												Main Pool 10 - 11am Parents and Tots / Antinatal												Main Pool 11am - 12pm Public Swimming												Main Pool 12 - 1pm Adults Only Swim												Main Pool 1 - 3pm Schools / Public Swimming												Main Pool 3 - 4pm Adults Only Swim												Main Pool 4 - 6.30pm Public Swimming												Main Pool 4 - 6.30pm 1 to 1 Swimming Lessons												Main Pool 6.45 - 7.45pm Inflatable Fun session												Main Pool 8 - 9.30pm Adults Only Swim											
FRIDAY	Main Pool 7 - 8am Public Lane Swimming												Main Pool 8 - 9am Adults Only Swimming												Main Pool 9 - 10am Public Swimming												Main Pool 10 - 11am Aqua Fit/ Zumba												Main Pool 11am - 12pm Public Swimming												Main Pool 12 - 1pm Adults Only Swim												Main Pool 1 - 2.15pm Schools / Public Swimming												Main Pool 2.15 - 4pm Public Swimming												Main Pool 4pm - 6pm Public Swimming												Main Pool 4pm - 6pm Infant / Junior Swimming Lessons												Main Pool 6 - 7.30pm Public Lane Swimming												Main Pool 7.30 - 8.30pm Ladies Only Swim											
SATURDAY	Main Pool 8 - 10.30am Public Swimming												Main Pool 10.30am - 12.15pm Public Swimming												Main Pool 10.30am - 12pm Orbit Divers												Main Pool 12.30 - 1.30pm Inflatable Fun session												Main Pool 2pm - 4pm Public Swimming (Party bookings taken until 4pm, please check at reception for prices and availability)												Main Pool Please note our programme is subject to change. For the most up to date information please contact the centre reception on the telephone number at the top of this timetable.																																																																																			
SUNDAY	Main Pool 8am - 1.15 pm Public Swimming												Main Pool 1.30pm - 2.30pm Inflatable Fun session												Main Pool Fun session guidance. Only competent swimmers will be allowed on the inflatable.																																																																																																																							