

Pool Activity Programme Spring 2012

Minsthorpe Swimming Pool

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Prime Times Over 50% Sessions	Adult and Family Swimming Sessions	Schools	Public Swimming	Fun Session	Fitness Class	Club Use	Staff Training
Prime Times sessions are aimed at over 50% staff effort on hand to take sessions and other advice.	Public swimming lessons for adults, 16 years and over. Some sessions are Adults and Families Only. These are specified on the timetable.	Pool is shared between schools and public for swimming.	The pool is available for public use. Some sessions require shared with lessons.	aimed at young people and families. Please see just what you to have fun with.	Sessions for fitness classes for all abilities levels.	Pool booked out for club use. Ask at reception for club details if you are interested in getting any of the clubs that use the pool.	The pool is closed for staff training during the period on the timetable.



	MORNING												AFTERNOON												EVENING																																				
	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0930	0945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200
MONDAY	Main Pool: 8.00 - 9.30 Early Bird Lane Swimming; 9.30am - 11.30am Schools Swimming (Shared with Public); 11.30am - 1.15pm Public Lane Swimming; 1.15 - 2.45pm Schools Swimming (Shared with Public); 3 - 7pm Public Swimming; 7 - 8pm Aquatics & Ladies Only swimming; 8 - 9.30pm Adults Only Swimming												Learner Pool: 3 - 9pm Public Swimming																																																
TUESDAY	Main Pool: 8 - 9.30am Early Bird Lane Swimming; 9.30 - 10.30 Schools Swimming (Shared with Public); 10.30 - 12.00 Public Swimming; 11.30 - 1pm Public Lane Swimming; 1 - 2pm Pool Closed for staff training; 2 - 3pm Public Swimming; 3 - 4pm 50+ Swimming; 4 - 6pm Public Swimming; 6 - 8.30pm Marlins Swimming Club; 8.30 - 9.30pm Adults Only Swimming												Learner Pool: (Empty)																																																
WEDNESDAY	Main Pool: 8 - 9am Early Bird Lane Swimming; 9 - 11.30am Public Swimming; 11.30 - 12pm Schools Swimming; 12 - 1.15pm Public Lane Swimming; 1.15 - 2.45pm Schools Swimming (Shared with Public); 2.45 - 4pm Public Swimming; 4 - 7.15pm Swimming Lessons; 7 - 8.30pm Adults Only Swimming; 8.30 - 9.30pm Club												Learner Pool: 9 - 9.30 Public Swim; 9.30 - 10.30 Aqua Natal; 10.30am - 3pm Public Swimming; 4 - 7pm Swimming Lessons																																																
THURSDAY	Main Pool: 8 - 9.30am Early Bird Lane Swimming; 9.30am - 12pm Schools Swimming (Shared with Public); 12 - 1.15pm Public Lane Swimming; 1.15 - 2.45pm Schools Swimming (Shared with Public); 2.45 - 6pm Public Swimming; 6 - 8.30pm Marlins Swimming Club; 8.30 - 9.30pm Adults Only Swimming												Learner Pool: (Empty)																																																
FRIDAY	Main Pool: 8 - 9.45am Public Lane Swimming; 9.45 - 11.45pm Schools Swimming (Shared with Public); 11.45am - 1pm Public Lane Swimming; 1pm - 3pm Public Swimming; 3 - 4pm 50+ Swimming; 4 - 7pm Swimming Lessons; 7 - 8pm Public Swimming												Learner Pool: 4 - 7pm Swimming Lessons																																																
SATURDAY	Main Pool: 8.30 - 10.30am Public Swimming; 8.30 - 10.30am Marlins Swimming Club; 10.30 - 11.30 Public & Play rats; 11.30 - 1.15pm Public Swimming; 1.30 - 2.30pm Inflatable Fun Session												Learner Pool: 8.30am - 1.30pm Public Swimming (Birthday Pool Parties Available 11.30 - 12.30 please check with reception if you would like to book)												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: 8.30am - 11.30am Public Swimming; 11.30 - 12.30 Public & Play rats												Learner Pool: 8.30am - 1pm Public Swimming (Birthday Pool Parties Available 11.15 - 12.15 please check with reception if you would like to book)																																																