

Pool Activity Programme Spring Summer 2011

Minsthorpe Swimming Pool
 01977 723200 E- mail: Minsthorpesp@wakefield.gov.uk

Prime Times Over 50's Sessions	Adult and Family Swimming Sessions	Schools	Public Swimming	Fun Session	Fitness Class	Club Use	Staff Training
Prime Times Sessions are aimed at over 50s. Staff will be on hand to take bookings and other advice.	Public swimming lessons for adults, 15 years and over. Some lessons are Adults Families Only. These are specified on the timetable.	Public swimming lessons schools and public for swimming.	The pool is available for public use. Some sessions maybe shared with lessons.	aimed at young people and families. These are just out for you to have fun with.	lessons for all abilities levels.	Pool booked out for club use. Ask at reception for club details if you are interested in joining any of the clubs that use the pool.	The pool is closed to 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												Main Pool: 9am - 11am Schools Swimming (Shared with Public)												Main Pool: 11 - 12pm Public Swimming												Main Pool: 12 - 1.15pm Public Lane Swimming												Main Pool: 1.15 - 2.45pm Schools Swimming (Shared with Public)												Main Pool: 3 - 6pm Public Swimming												Main Pool: 7 - 8pm Aquafit & Ladies Only swimming												Main Pool: 8 - 9.30pm Adults Only Swimming																																			
	Learner Pool: 9.30 - 10.30 Public Swimming (Shared with Public)												Learner Pool: 10.30 - 11.30 Schools Swimming (Shared with Public)												Learner Pool: 11.30 - 12.45 Public Swimming												Learner Pool: 12 - 8pm Public Swimming																																																																																			
TUESDAY	Main Pool: 8 - 9am Early Bird Lane Swimming												Main Pool: 9 - 10.30am Public Swimming												Main Pool: 10.30 - 11.30 Schools Swimming (Shared with Public)												Main Pool: 11.30 - 1pm Public Lane Swimming												Main Pool: 1 - 2pm Pool Closed for staff training												Main Pool: 2 - 3pm Public Swimming												Main Pool: 3 - 4pm 50+ Swimming												Main Pool: 4 - 6pm Public Swimming												Main Pool: 6 - 8.30pm Marlins Swimming Club												Main Pool: 8.30 - 9.30pm Adults Only Swimming											
	Learner Pool: 9.30 - 10.30 Public Swimming												Learner Pool: 10.30 - 11.30 Schools Swimming (Shared with Public)												Learner Pool: 11.30 - 1pm Public Swimming												Learner Pool: 1 - 2pm Pool Closed for staff training												Learner Pool: 2 - 6pm public swimming												Learner Pool: 6 - 7pm Marlins Swimming Club												Learner Pool: 7 - 8pm Public Swimming																																															
WEDNESDAY	Main Pool: 8 - 9am Early Bird Lane Swimming												Main Pool: 9 - 11.30am Public Swimming												Main Pool: 11.30 - 12pm Schools Swimming												Main Pool: 12 - 1.15pm Public Lane Swimming												Main Pool: 1.15 - 2.45pm Schools Swimming (Shared with Public)												Main Pool: 2.45 - 4pm Public Swimming												Main Pool: 4 - 7.15pm Swimming Lessons												Main Pool: 7 - 8.30pm Adults Only Swimming												Main Pool: 8.30 - 9.30pm Club																							
	Learner Pool: 9.30 - 10.30 Aqua Natal												Learner Pool: 10.30 - 11.30am Joint and Muscle Mobility												Learner Pool: 11.30am - 1.15pm Public Swimming												Learner Pool: 1.15 - 2.45pm Schools Swimming (Shared with Public)												Learner Pool: 2.45 - 4pm Public Swimming												Learner Pool: 4 - 7pm Swimming Lessons												Learner Pool: 7 - 8pm Aquafit																																															
THURSDAY	Main Pool: 8 - 9.30am Early Bird Lane Swimming												Main Pool: 9.30am - 12pm Schools Swimming (Shared with Public)												Main Pool: 12 - 1.15pm Public Lane Swimming												Main Pool: 1.15 - 2.15pm Schools Swimming (Shared with Public)												Main Pool: 2.15 - 6pm Public Swimming												Main Pool: 6 - 8.30pm Marlins Swimming Club												Main Pool: 8.30 - 9.30pm Adults Only Swimming																																															
	Learner Pool: 9.30am - 12pm Schools Swimming (Shared with Public)												Learner Pool: 12 - 1.15 Public Swimming												Learner Pool: 1.15 - 2.15pm Schools Swimming (Shared with Public)												Learner Pool: 2.15 - 7.30pm Public Swimming																																																																																			
FRIDAY	Main Pool: 8 - 9.15am Public Lane Swimming												Main Pool: 9.15 - 11.45pm Schools Swimming (Shared with Public)												Main Pool: 11.45am - 1.15pm Public Lane Swimming												Main Pool: 1.15 - 3pm Schools Swimming (Shared with Public)												Main Pool: 3 - 4pm 50+ Swimming												Main Pool: 4 - 7pm Swimming Lessons												Main Pool: 7 - 8pm Public Swimming																																															
	Learner Pool: 9.15 - 11.45pm Schools Swimming (Shared with Public)												Learner Pool: 11.45am - 1.15pm Public Swimming												Learner Pool: 1.15 - 3pm Schools Swimming (Shared with Public)												Learner Pool: 3 - 4pm Public Swimming												Learner Pool: 4 - 7pm Swimming Lessons																																																																							
SATURDAY	Main Pool: 8.30 - 10.30am Marlins Swimming Club												Main Pool: 8.30am - 2pm Public Swimming												Main Pool: 2.30 - 3.30pm Inflatable Fun Session												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.																																																																																			
	Learner Pool: 9am - 3pm Public Swimming (Birthday Pool Parties Available 11.30 - 12.30, 12.45 - 1.45 please check with reception if you would like to book)																																																																																																																							
SUNDAY	Main Pool: 8.30am - 2pm Public Swimming												Main Pool: 2.30 - 3.30pm Inflatable Fun Session																																																																																																											
	Learner Pool: 9am - 3pm Public Swimming (Birthday Pool Parties Available 11.30 - 12.30, 12.45 - 1.45 please check with reception if you would like to book)																																																																																																																							