

POOL PROGRAMME - SPEN VALLEY LEISURE CENTRE

ACTIVITY POOL

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
MONDAY				Public Swim 08.45-9.45	Public Swim 09.45-10.45	Mini Splash & Play 10.45-11.45	Aqua Med 11.50-12.35	Aqua Fit 12.40-13.25	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.45				Aqua Fit 19.50-20.35	Aqua Relax 20.35-21.35	
TUESDAY				Public Swim 08.45-9.45	KAL Swim Lessons 09.45-11.45		Adult Learn 2 Swim 11.45-12.30	Aqua Fit 12.45-13.30	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.45				Female Only Aqua Fit 19.50-20.35	Female Only Swim 20.35-21.35	
WEDNESDAY				Public Swim 08.45-9.45	Public Swim 09.45-10.45	Mini Splash & Play 10.45-11.45	Aqua Fit 11.45-12.30	Aqua Med 12.45-13.30	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-18.30			Adult Learn 2 Swim 18.30-19.15	Female Only Swim 19.20-20.20	Female Only Swim/ Length Swim 20.30-21.30	
THURSDAY				Public Swim 08.45-9.45	Mini Splash & Play 09.45-10.45	Aqua Med 10.45-11.30	Female Only Aqua Fit 11.45-12.30	Female Adult Learn 2 Swim 12.30-13.15	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.45				Aqua Zumba 19.50-20.35	Aqua Relax 20.35-21.35	
FRIDAY				KAL Swim Lessons 09.00-12.00			Exercise Referral 12.00-12.45	Aqua Med 12.45-13.30	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.30				KAL Courses 19.30-20.30	Aqua Relax 20.30-21.30	
SATURDAY		Length Swim 07.00-07.45	KAL Swim Lessons 08.00-12.00				Public Swim 12.15-13.15		Splash & Play 13.30-14.30	Splash & Play 14.30-15.30	Pool Party 16.00-16.45						
SUNDAY			KAL Courses 08.00-09.30	Mini Splash & Play 09.30-10.30	Splash & Play 10.30-11.30	Pool Party 11.45-12.30		Male Only Swim 12.45-13.45	Public Swim 13.45-14.45	Aqua Relax 14.45-15.30	Female Only Family Swim 15.45-16.45	Female Only Aqua Fit 16.45-17.30	Aqua Fit 17.45-18.30				

MAIN POOL

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	
MONDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (4 Lanes) 08.45-09.45	Length Swim (4 Lanes) 09.45-10.45	Length Swim (4 Lanes) 10.45-11.45	Length Swim (5 Lanes) 11.55-12.55	School Swimming 13.00-14.45			Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (3 Lanes) 17.30-18.30	Length Swim (3 Lanes) 18.30-19.30	Length Swim (3 Lanes) 19.30-20.30	Length Swim (3 Lanes) 20.30-21.30		
				School Swimming (Half Pool) 09.00-11.45							Public Swim (3 Lanes) 16.00-17.00	KAL Training Academy 17.00-18.00	KAL Swim Performance (5 Lanes) 18.00-21.30					
TUESDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30		School Swimming 09.00-11.45			Length Swim (5 Lanes) 11.55-12.55	School Swimming 13.00-14.45			Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (5 Lanes) 17.30-18.30	Length Swim (2 Lanes) 18.30-19.30	Length Swim (2 Lanes) 19.30-20.30	Length Swim (2 Lanes) 20.30-21.30	
											Public Swim (3 Lanes) 16.00-17.00	Public Swim (3 Lanes) 17.00-18.00	Public Swim (3 Lanes) 18.00-19.00	Community Club Hire (6 Lanes) 19.00-21.00				
WEDNESDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (4 Lanes) 08.45-09.45	Length Swim (4 Lanes) 09.45-10.45	Length Swim (4 Lanes) 10.45-11.45	Length Swim (5 Lanes) 11.55-12.55	School Swimming 13.00-14.45			Length Swim (5 Lanes) 15.30-16.30	Length Swim (3 Lanes) 16.30-17.30	Length Swim (3 Lanes) 17.30-18.30	Length Swim (3 Lanes) 18.30-19.30	Length Swim (3 Lanes) 19.30-20.30	Length Swim (5 Lanes) 20.30-21.30		
				School Swimming (Half Pool) 09.00-11.45							KAL Swim Lessons (3 Lanes) 16.00-18.00		KAL Swim Performance (5 Lanes) 18.00-20.30		KAL Courses (3 Lanes) 20.30-21.30			
THURSDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (5 Lanes) 08.30-09.30	Length Swim (5 Lanes) 09.30-10.30	Length Swim (5 Lanes) 10.30-11.30	Length Swim (5 Lanes) 11.30-12.30	Length Swim (5 Lanes) 12.30-13.30	Length Swim (5 Lanes) 13.30-14.30	Length Swim (5 Lanes) 14.30-15.30	Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (5 Lanes) 17.30-18.30	Length Swim (5 Lanes) 18.30-19.30	Length Swim (2 Lanes) 19.30-20.30	Length Swim (5 Lanes) 20.30-21.30		
				KAL Courses 09.00-11.30				KAL Courses 12.30-15.30				Public Swim (3 Lanes) 16.00-17.00	Public Swim (3 Lanes) 17.00-18.00	Public Swim (3 Lanes) 18.00-19.00	Community Club Hire (6 Lanes) 19.30-20.30		KAL Courses (3 Lanes) 20.30-21.30	
FRIDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (4 Lanes) 08.45-09.45	Length Swim (4 Lanes) 09.45-10.45	Length Swim (4 Lanes) 10.45-11.45	Length Swim (5 Lanes) 11.55-12.55	School Swimming 13.00-14.45			Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (3 Lanes) 17.30-18.30	Length Swim (3 Lanes) 18.30-19.30	Length Swim (3 Lanes) 19.30-20.30			
				School Swimming (Half Pool) 09.00-11.45							Public Swim (3 Lanes) 16.00-17.00	KAL Swim Lessons (3 Lanes) 17.00-17.30	KAL Swim Performance (5 Lanes) 17.30-20.00					
SATURDAY		KAL Swim Performance 06.45-08.45		Length Swim (3 Lanes) 08.45-09.45	Length Swim (3 Lanes) 09.45-10.45	Length Swim (3 Lanes) 10.45-11.45	KAL Swim Lessons 12.00-16.15											
				KAL Swim Performance (5 Lanes) 08.45-10.45		KAL Training Academy 10.45-11.45												
SUNDAY				Length Swim (4 Lanes) 08.00-09.00	Length Swim (4 Lanes) 09.00-10.00	Public Swim (Half Pool) 10.15-11.15	immerse 11.30-16.50											
				Community Club Hire (4 Lanes) 08.00-10.00														