

THE WARWICKSHIRE POOL PROGRAMME

JANUARY - FEBRUARY 2020

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
06.00						Opens 07.30		
06.30								
07.00								
07.30								
08.00								
08.30								
09.00		Aqua 09.00 - 09.45			Aqua 09.00 - 9.45			
09.30		Aqua 09.45 - 10.30	Aqua 09.45 - 10.30	Aqua 09.30 - 10.15	Aqua 09.45 - 10.30			
10.00			Training Pool Swimming Lessons 09.30-11.30	Training Pool Swimming Lessons 09.30-11.00				
10.30						Swimming Lessons 10.00 - 14.00		
11.00							Splash Time 11.00 - 12.00	Splash Time 11.00 - 12.00
11.30								
12.00								
12.30								
13.00				Aqua 13.00 - 13.45				
13.30	Training Pool Swimming Lessons 13.30-15.00		Aqua 13.30 - 14.15					
14.00				Training Pool Swimming Lessons 14.00-15.00		Family Times 10.00 - 18.00	Family Times 10.00 - 18.00	
14.30								
15.00	Swimming Lessons 15.00 - 18.00	Family Times 15.00 - 18.00	Swimming Lessons 15.00 - 18.00	Family Times 15.00 - 18.00	Swimming Lessons 15.00 - 18.00	Family Times 15.00 - 18.00	Swimming Lessons 15.00 - 18.00	Family Times 15.00 - 18.00
15.30								
16.00								
16.30						Splash Time 16.00-17.00	Splash Time 16.00-17.00	
17.00								
17.30								
18.00			Teen Swim Fit 18.00-19.00					
18.30								
19.00		Aqua Bootcamp 19.00-19.45						
19.30								
20.00								
20.30								
21.00						Closes 21.00		
21.30								

Aqua - An aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

Please note: Between 15.00 - 18.00 one lane may be used for Swimming Lessons.

Please be aware that during the school holidays we will be running extra Splash Time sessions in the main pool Monday to Friday 11am-12pm.

Health Club Opening Times:

6.00am - 10.00pm Weekdays

7.30am - 9.00pm Weekends

Notes: Splash sessions are at supervised times on poolside where floats are available for use in the main pool and children's pools. The equipment kept in the cupboard on poolside is for lessons only - some items are available to purchase at the shop. During swimming lesson times there may be some restrictions in the main pool and/or training pool. The Club reserves the right to substitute instructors and change class and times, when and if the need arises.