

NSC Training Pool Timetable - October Half Term

Mon 26th Oct - Sun 1st Nov 2020

		7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm
Monday	Deep Water	Lane Swimming 07.00 - 7.15												Private Hire 7.30 – 9.00pm	
	Shallow Water	General Swim 07.00 -9.15		Aquafit 9.30-10.15		Fun Session 10.45-12.00		Fun Session 12.45-2.00		Quiet Session 2.30-3.45		Swim 4 Me 4-5.30pm			Deep Water Aquafit 6.15-7pm
Tuesday	Deep Water	Lane Swimming 7.00-8.00	Staff Training 8.00-9.00	Lane Swimming 09.00-8.00											Ladies Only 8.00-9.00
	Shallow Water	General Swim 07.00 -8.45		Quiet Session 9.00-10.15		Fun Session 10.45-12.00pm		Fun Session 12.30-2.00pm		Fun Session 2.30-3.45pm		General Swim 4-5.30pm	Adult Lessons 6.00-7.00 General Swim 6.00-7.00	Private Hire	
Wednesday	Deep Water	Lane Swimming 07.00-8.00												Aqua Jogging 8.00 – 9.00	
	Shallow Water	General Swim 07.00 -8.45		Quiet Session 9.00-10.15		Fun Session 10.45-12.00pm		Fun Session 12.30-2.00pm		Fun Session 2.30-3.45pm		General Swim 4 - 9.00pm			
Thursday	Deep Water	Lane Swimming 07.00-8.00												Staff Training 8.00-9.00	
	Shallow Water	General Swim 07.00 -8.45		Quiet Session 9.00-10.15		Fun Session 10.45-12.00pm		Fun Session 12.30-2.00pm		Fun Session 2.30-3.45pm		General Swim 4 - 5.45pm	Deep Water Aquafit 6.00-6.45	Private Hire 7-8.30pm	
Friday	Deep Water	Private Hire	Lane Swimming 8.15-5.30										Private Hire 5.45 – 9.00pm		
	Shallow Water	General Swim 07.00 -8.45		Quiet Session 9.00-10.15		Fun Session 10.45-12.00pm		Fun Session 12.30-2.00pm		Fun Session 2.30-3.45pm		General Swim 4 - 5.15pm			
Saturday	Deep Water	Closed		Lane Swimming 9.00am - 5.45pm									Deep Clean 6 – 8pm		
	Shallow Water	Closed		Quiet Session 9.00 -10.15		Fun Session 10.45-12.00pm		Fun Session 12.30-2.00pm		Fun Session 2.30-4.00		General Swim 4.15 - 5.45pm			
Sunday	Deep Water	Closed		Lane Swimming 9.00am - 5.45pm									Private Hire 6 – 8pm		
	Shallow Water	Closed		Quiet Session 9.00 -10.15		Fun Session 10.45-12.00pm		Fun Session 12.30-2.00pm		Fun Session 2.30-4.00		General Swim 4.15 - 5.30pm			

Fun Session

Rafts / Floats / Toys in the water and no lane ropes

Quiet Session

No rafts / floats – toys are available for small children / babies. No lane ropes

General Swim

No rafts / floats or toys and some lane ropes for swimmers not confident in swimming in the 1.8m depth pool