

NSC Training Pool Timetable - Summer Holidays

(Weeks Beginning 01/08, 15/08, 29/08, 05/09)

		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	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am – 7.15pm											Private Hire 7:30 – 9:00	
	Shallow Water			Aquafit 9:30 – 10:15	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	Swim 4 Me 4:00 – 5:30	DW Aquafit 6:00-6:45							
Tuesday	Deep Water		Staff Training 8.00-9.00	Lane Swimming 9:00am – 9:00pm												
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Quiet Session 09:00 – 12:00			Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:45	Adult Lessons 6:00-6:45	General Swim 7:00 – 9:00					
Wednesday	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9:00am – 9:00pm												
	Shallow Water			Quiet Session 09:00 – 12:00			Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 9:00							
Thursday	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9:00am – 8:00pm											Staff Training 8:00-9:00	
	Shallow Water			Aquafit 9:30 – 10:15	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:45	DW Aquafit 6:00 – 6:45	Private Hire 7:00 – 9:00						
Friday	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9:00am – 5:30pm								Private Hire 5:45 – 9:00				
	Shallow Water			Quiet Session 09:00 – 12:00			Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:30							
Saturday	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm								Deep Clean		Closed		
	Shallow Water			General Swim 9:00 – 10:15	Fun Session 10:45 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 6:00								
Sunday	Deep Water	Closed		Lane Swimming 9.00am – 5.30pm								Private Hire 6:00 – 8:00		Closed		
	Shallow Water			General Swim 9:00 – 10:15	Fun Session 10:45 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:30								

Fun Session

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

General Swim

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

NSC Training Pool Timetable - Summer Holidays

(Weeks Beginning 08/08,22/08)

		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	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am – 7.15pm											Private Hire 7:30 – 9:00		
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Aquafit 9:30 – 10:15	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	Swim 4 Me 4:00 – 5:30	DW Aquafit 6:00-6:45								
Tuesday	Deep Water		Staff Training 8.00-9.00	Lane Swimming 9:00am – 9:00pm													
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Crash Course 9:00 – 10:00	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:45	Adult Lessons 6:00-6:45	General Swim 7:00 – 9:00							
Wednesday	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9:00am – 9:00pm													
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Crash Course 9:00 – 10:00	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 9:00									
Thursday	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9:00am – 8:00pm											Staff Training 8:00-9:00		
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Crash Course 9:00 – 10:00	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:45	DW Aquafit 6:00 – 6:45	Private Hire 7:00 – 9:00							
Friday	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9:00am – 5:30pm								Private Hire 5:45 – 9:00					
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Crash Course 9:00 – 10:00	09:00 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:30									
Saturday	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm								Deep Clean		Closed			
	Shallow Water	Closed		General Swim 9:00 – 10:15	Fun Session 10:45 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 6:00									
Sunday	Deep Water	Closed		Lane Swimming 9.00am – 5.30pm								Private Hire 6:00 – 8:00		Closed			
	Shallow Water	Closed		General Swim 9:00 – 10:15	Fun Session 10:45 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	General Swim 4:30 – 5:30									

Fun Session

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

General Swim

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