

NSC Training Pool Timetable - Practice Week

		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 29 th May	Deep Water	Early Bird Lane Swimming 7 – 9am		Lane Swimming 9.00am – 9pm												
	Shallow Water			Aquafit 9:30 – 10:15am	General Swim 10:30am-12pm	Fun Session 12:30 - 2pm	Fun Session 2:30 - 4pm	Swim 4 Me 4 – 5:30pm	General Swim 5:30 – 9pm							
Tuesday 30 th May	Deep Water	Early Bird Lane Swimming 7 – 9am	Staff Training 8-9am	Lane Swimming 9.00am - 9.00pm								Lessons 5-6pm 1 Lane	Lane Swimming		General Swim 8-9pm	
	Shallow Water		General Swim 9 – 11:15am	Aquafit 11:30 – 12:15pm	General Swim 12:30 – 3:45pm			Junior Lessons 4-6pm		Adult Lessons 6 – 6:45pm	Private Hire 7 – 8pm	General Swim 8-9pm				
Wednesday 31 st May	Deep Water	Early Bird Lane Swimming 7 – 9am		Lane Swimming 9:00am – 9:00pm								Lessons 5-6pm 1 Lane	Lane Swimming			
	Shallow Water			General Swim 9am – 3:45pm						Junior Lessons 4-6pm		General Swim 6:15 – 9pm				
Thursday 1 st June	Deep Water	Early Bird Lane Swimming 7 – 9am		Lane Swimming 9.00am - 8.00pm											Staff Training 8-9pm	
	Shallow Water			General Swim 9am – 12pm	Aquafit 12:15 – 1pm	General Swim 1 – 3:45pm		Junior Lessons 4-5pm	Rookies 5-5:45pm	General Swim 6 – 6:45pm	Private Hire 7-8:30pm					
Friday 02 nd June	Deep Water	Private Hire 7-8am	Lane Swimming 8am – 5:30pm										Private Hire 5:45-9pm			
	Shallow Water	Early Bird Lane Swimming 6:30 – 9am	General Swim 9am – 12pm	Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm	General Swim 4:15 – 5:30pm										
Saturday 03 rd June	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm								Deep Clean		Closed		
	Shallow Water			General Swim 9am – 12pm	Fun Session 12:30 – 2pm	Fun Session 2:30 - 4pm	General Swim 4:15 – 6pm									
Sunday 04 th June	Deep Water	Closed		Lane Swimming 9.00am – 5.30pm								Private Hire 6-8pm				
	Shallow Water			General Swim 9am – 12pm	Fun Session 12:30 – 2pm	Fun Session 2:30 - 4pm	General Swim 4:15 – 5:45pm									

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 - Race Week

		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 05 th June	Deep Water	Early Bird Lane Swimming 7 – 9am		Lane Swimming 9am – 7:15pm										Private Hire 7:30-9pm	
	Shallow Water			Aquafit 9.30-10.15	General Swim 10:30am -12pm		Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm		Swim 4 Me 4 – 5:30pm	General Swim 5:30-7:15pm				
Tuesday 06 th June	Deep Water		Staff Training 8-9am	Lane Swimming 9am – 9pm											
	Shallow Water	Early Bird Lane Swimming 7 – 9am		General Swim 9am – 12pm				Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm		General Swim 4:30 – 9pm				
Wednesday 07 th June	Deep Water	Early Bird Lane Swimming 7 – 9am		Lane Swimming 9am - 9pm											
	Shallow Water	Early Bird Lane Swimming 7 – 9am		General Swim 9am – 12pm				Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm		General Swim 4:30 – 9pm				
Thursday 08 th June	Deep Water	Early Bird Lane Swimming 7 – 9am		Lane Swimming 9.00am - 8.00pm										Staff Training 8-9pm	
	Shallow Water	Early Bird Lane Swimming 7 – 9am		General Swim 9am – 12pm				Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm		General Swim 4:30 – 6:45pm			Private Hire 7 – 8:30pm	
Friday 10 th June	Deep Water	Early Bird Lane Swimming 7 – 9am		Lane Swimming 9am – 9pm											
	Shallow Water	Early Bird Lane Swimming 7 – 9am		General Swim 9am – 12pm				Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm		General Swim 4:30 - 9pm				
Saturday 11 th June	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm								Deep Clean	Closed		
	Shallow Water			General Swim 9am – 12pm				Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm		General Swim 4:30 – 6.00pm				
Sunday 12 th June	Deep Water	Closed		Lane Swimming 9am – 8pm										Closed	
	Shallow Water			General Swim 9am – 12pm				Fun Session 12:30 - 2pm	Fun Session 2:30 – 4pm		General Swim 4:15 - 8pm				

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