

INDOOR FITNESS POOL PROGRAMME

	6.30am	7am	8am	9am	10am	11am	12 Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	10.30pm
MONDAY	EARLY MORNING LANE SWIMMING	PUBLIC SWIMMING														AQUA AEROBICS	ADULTS ONLY ^{*1}	C L O S E D
		COURSES	LANE SWIMMING															
TUESDAY	EARLY MORNING LANE SWIMMING	PUBLIC SWIMMING														ADULTS ONLY ^{*1}		
		LANE SWIMMING																
WEDNESDAY	EARLY MORNING LANE SWIMMING	PUBLIC SWIMMING														ADULTS ONLY ^{*1}		
		COURSES	LANE SWIMMING															
THURSDAY	EARLY MORNING LANE SWIMMING	50+ SWIM	PUBLIC SWIMMING										AQUA AEROBICS	LADIES ONLY 14 YRS & OVER				
			LANE SWIMMING															
FRIDAY	EARLY MORNING LANE SWIMMING	PUBLIC SWIMMING	AQUA AEROBICS	PUBLIC SWIMMING														
		COURSES		LANE SWIMMING														
SATURDAY	EARLY MORNING LANE SWIMMING	PUBLIC SWIM	CLOSED	SPLASH AROUND ^{*2}	CLOSED	PUBLIC SWIMMING										PUBLIC SWIMMING OR PRIVATE HIRE ^{*3}	AVAILABLE FOR PRIVATE HIRE	
SUNDAY		PUBLIC SWIMMING										PUBLIC SWIMMING OR PRIVATE HIRE ^{*3}	CLOSED					

- One to one swimming lessons are undertaken in the fitness and teaching pools during the holiday and a lane may be reserved for this activity during these times.
- (*1) Includes **Swim Fit** Tuesday 9-10 pm & Wednesday 9-10 pm.

- (*2) Splasharound runs from 10.15am to 11.15am on Saturday, with the pool closing 15 minutes before and after the session for setting up. This session has a maximum bather load and cannot be booked in advance.

- (*3) On the occasion of a private booking the Fitness Pool may close at 5.30 pm on Saturdays and Sunday.
- (*4) There are no group lessons in the teaching pool for the weeks Mon 20 – Fri 24 July or Mon 24 – Fri 28 August. Pool is available for public swimming between these dates.

TEACHING POOL PROGRAMME

	6.30am	7am	8am	9am	10am	11am	12 Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	10.30pm
MONDAY	CLOSED		COURSES*4		PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS													C L O S E D
TUESDAY	PUBLIC SWIMMING		COURSES*4		PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS													
WEDNESDAY	PUBLIC SWIMMING		COURSES*4		PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS													
THURSDAY	PUBLIC SWIMMING		COURSES*4		PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS											LADIES ONLY 14 YRS & OVER		
FRIDAY	PUBLIC SWIMMING		COURSES*4		PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS													
SATURDAY	C L O S E D	PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS		C L O S E D	SPLASH AROUND *2		C L O S E D	PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS				PUBLIC SWIMMING OR PRIVATE HIRE*3				AVAILABLE FOR PRIVATE HIRE		
SUNDAY		PUBLIC SWIMMING & ONE TO ONE SWIMMING LESSONS						PUBLIC SWIMMING OR PRIVATE HIRE*3				CLOSED						



OUTDOOR POOL IS AVAILABLE FOR PUBLIC SWIMMING 9am – 10pm

WEEKDAYS, 9AM – 8PM SATURDAYS AND 7AM – 8PM SUNDAYS

For further details contact Reception on **01732 367449** or check on the website **www.tonbridgepool.co.uk**

