

# POOL TIMETABLE

2019



## JUNIORS 14-17 & ESHER COLLEGE STUDENTS

- Swimming is open from **06:30** (Monday-Friday)
- Monday to Thursday, 14-17 members & Esher College students must check-in by 17:30, and be out the pool by 18:45.
- Normal closing hours apply, Friday-Sunday.
- No pool or changing access during **Aqua** classes.

## JUNIORS (U14s)

- Those 14 and under **must be accompanied by an adult, in the water at all times**, unless they hold a Super Swimmer card.
- Swimming commences at **09:00** every day, with a last check in time of **17:30**.
  - Facilities must be vacated by **18:45**.
- There is no Pool or Changing Room access during **AQUA** classes.
- There is strictly **no access** to **sauna** or **jacuzzi** at any time.

## SUPER SWIMMER

Juniors aged between 10 & 13 years can apply to take our **Super Swimmer test**. Once qualified, Super Swimmers may use the Pool without adult supervision.

A small fee applies and a passport photo must be provided. For further details or to book a slot, please speak to Reception or call on 020 8398 7108.

## POOL OPENING TIMES

- **MONDAY TO FRIDAY** - 06:30-22:00\*
- **WEEKENDS & BANK HOLIDAYS** - 08:30-21:00\*
- No access to Pool or changing areas **09:00-11:30** on **FRIDAYS**

\* Normal time restrictions according to membership subscription apply. Bank Holiday times may vary.

### PLEASE NOTE:

The timetable will change during school holidays. Please see our noticeboards or website for full details.

## POOL ACTIVITIES

### CLASSES

We offer a range of classes for all, please see our current **Studio & Junior Timetables** for more details.

### LESSONS

There are a wide range of lessons available, including:

- Parent & Child (6 months - 3 years)
- Junior Group Swimming Lessons
- Adult Group Swimming Lessons
- Private Swimming Lessons (Adult or Junior)

Please see the Swimming Lessons Noticeboard near Reception or the new Swimming Noticeboard for further details.

### CHILL OUT TIME

On **Wednesday & Friday** evenings (20:00-22:00).

Join us for a relaxing swim, sauna, and dip in the Jacuzzi. The music is perfect to unwind on a weekday.

DAY	TIME	ACTIVITIES/CLASSES	SWIM LANE	GENERAL LANE
MON	09:45-10:30	Aqua - Mix	25m Lane (Adults Only)	Aqua Class Only - No Swimming
	10:30-12:00	Nursery Swimming Lessons	25m Lane	20m Lane (First 5m Roped Off)
	13:00-14:00	Swimming Lessons	25m Lane	20m Lane (First 5m Roped Off)
	15:30-17:00	Swimming Lessons	20m Lane (First 5m Roped Off)	20m Lane (First 5m Roped Off)
	16:45-17:45	Kids' Splash	20M Lane (First 5m Roped Off)	20m Lane (First 5m Roped Off)
	17:45-18:30	Swim Squad	25m Narrow Lane	25m Lane
	18:30-19:15	Aqua - Mix	25m Lane (Adults Only)	Aqua Class Only - No Swimming
	20:00-20:45	Swim Fit	25m Lane (Adults Only)	25m Lane (Adults Only)
TUE	09:45-10:30	Aqua - Deep Water	25m Narrow Lane (Adults Only)	Aqua Class Only - No Swimming
	13:00-14:00	Swimming Lessons	25m Lane	20m Lane (First 5m Roped Off)
	15:30-18:00	Swimming Lessons	20m Lane (First 5m Roped Off)	20m Lane (First 5m Roped Off)
	18:45-19:30	Aqua - Mix	25m Lane (Adults Only)	Aqua Class Only - No Swimming
WED	09:45-10:30	Aqua - Mix	25m Lane (Adults Only)	Aqua Class Only - No Swimming
	15:30-18:45	Swimming Lessons	Lane Swimming Not Advised*	20m Lane (First 5m Roped Off)
	19:00-20:00	Adult Swimming Lessons	25m Lane (Adults Only)	25m Lane (Narrow)
	20:00-22:00	Chill Out	25m Lane (Adults Only)	25m Lane (Adults Only)
THU	06:35-07:20	Swim Fit	25m Lane (Adults & 14-17s Only)	25m Lane (Adults & 14-17s Only)
	09:45-10:30	Aqua - Deep Water	25m Narrow Lane - Adults Only	Aqua Class Only - No Swimming
	10:30-11:00	Parent & Child Lessons	25m Lane	20m Lane (First 5m Roped Off)
	11:35-12:10	Aqua - HIIT	25m Lane	Aqua Class Only - No Swimming
	12:15-13:00	Swim Fit	25m Lane	25m Lane
	18:30-19:10	Aqua - HIIT	25m Lane (Adults Only)	Aqua Class Only - No Swimming
FRI	09:00-11:30	<b>POOL CLOSED</b>	<b>THAMES DITTON SCHOOL LESSONS</b>	<b>POOL CLOSED</b>
	15:45-18:15	Swimming Lessons	25m Lane (Adults Only)	25m Lane
	20:00-22:00	Chill Out	25m Lane (Adults Only)	25m Lane
SAT	14:00-16:00	Check at Reception for Kids' Party Hire - if booked, there will be a 20m lane.		
SUN	14:00-16:00	Check at Reception for Kids' Party Hire - if booked, there will be a 20m lane.		

This is our timetable of weekly Pool activities.  
Please use this to choose the most appropriate time for you to swim.  
Opening times and access times are overleaf.

**PLEASE NOTE: THERE IS NO ACCESS TO THE POOL, SAUNA, OR EITHER WET CHANGING ROOM ON FRIDAY MORNINGS DUE TO THAMES DITTON SCHOOL LESSONS FROM 09:00-11:30.**



FOR THE LATEST TIMETABLE, VISIT OUR WEBSITE.  
FOR LAST-MINUTE CHANGES, FOLLOW US ON SOCIAL MEDIA.

## POOL LAYOUT

SWIM  
LANE

GENERAL  
LANE

BALCONY & CHANGING ROOMS