

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)
	11:10-11:45	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	POOL CLOSED	THAMES DITTON SCHOOL LESSONS	POOL CLOSED
	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.



POOL LAYOUT

SWIM
LANE

GENERAL
LANE

BALCONY & CHANGING ROOMS