



FOR THE LATEST
TIMETABLE, VISIT
OUR WEBSITE.

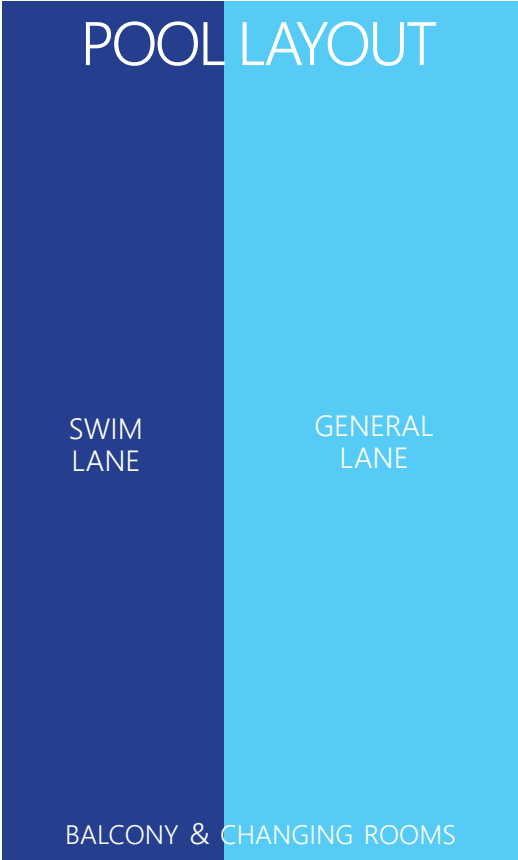
SUMMER TIMETABLE

(22ND JULY - 9TH SEPTEMBER)

ST NICHOLAS ROAD | THAMES DITTON | SURREY | KT7 0PW
 INFO@COLETS.CO.UK • 020 8398 7108 • COLETS.CO.UK
 COLETS
 HEALTH & FITNESS

DAY	TIME	ACTIVITY/CLASS	SWIM LANE	GENERAL LANE
MON	09:45-10:30	AQUA - MIX	25m Lane (Adults Only)	Aqua Class Only - No Swimming
	14:30-16:30	KIDS CAMP	20m Lane (First 5m Roped Off)	20m Lane (First 5m Roped Off)
	17:00-17:30	KIDS' SPLASH	25m Lane	20m Lane (First 5m Roped Off)
	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
	14:30-16:30	KIDS CAMP	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
	14:30-16:30	KIDS CAMP	20m Lane (First 5m Roped Off)	20m Lane (First 5m Roped Off)
	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
	11:15-11:50	AQUA - HIIT	25m Lane	Aqua Class Only - No Swimming
	14:30-16:30	KIDS CAMP	20m Lane (First 5m Roped Off)	20m Lane (First 5m Roped Off)
	18:30-19:10	AQUA - HIIT	25m Lane (Adults Only)	Aqua Class Only - No Swimming
FRI	14:30-16:30	KIDS CAMP	20m Lane (First 5m Roped Off)	20m Lane (First 5m Roped Off)
	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 20M LANES		
SUN	14:00-16:00	CHECK AT RECEPTION FOR KIDS' PARTY HIRE - IF BOOKED, THERE WILL BE 20M LANES		

This is our timetable of weekly Pool activities.
 Please use this to choose the most
 appropriate time for you to swim.



Monday 5th - Thursday 15th August* | INTENSIVE LESSONS | 10:00-12:30 | 20m Lanes (First 5m Roped Off)

*not including Thursday 8th & weekends