

Poolewe Swimming Pool Time Table December 27th – March 2010



MON	Lane Swim 1000-1100	Parent Child 1100-1200	Over 50s 1200-1300			Swim lessons 1600-1700	Swim lessons 1700-1800	General Public 1800-1900
TUE	Lane Swim 1000-1100	General Public 1100-1200	Ladies 1200-1300			Poolewe Dolphins 1600-1700	Junior Kayaking 1700-1800	Adult Kayaking 1800-1900
WED	Lane Swim 1000-1100	Aqua Size 1100-1200	Wellbeing Hour 50p Session			Swim lessons 1600-1700	Swim lessons 1700-1800	Staff Training
THU	Lane Swim 1000-1100	General Public 1100-1200	General Public 1100-1200			Jungle Fun 1600-1700	Ladies 1700-1800	Wellbeing Hour 1800-1900
FRI	Lane Swim 1000-1100	Parent Child 1100-1200	Ladies 1200-1300	GHS Up to March		Swim lessons 1600-1700	Swim lessons 1700-1900	General Public 1800-1900
SAT	Lane Swim 1000-1100	Parent Child 1100-1200	Family Swims 1200-1300	Jungle Fun 1300-1400	General Public 1400-1500		All Inclusive Highlife Scheme Pay one affordable monthly payment and get unlimited access to pool run activities Monthly Subscription Family £21.60 Individual £15.40	
SUN	Lane Swim 1000-1100	Family Friendly 1100-1200	General Public 1200-1300	Jungle Fun 1300-1400	Available for parties 1400-1500			

Clifton Poolewe IV22 2JU 01445 781345 www.poolewepool.co.uk

Family Swims – designed for families (no unaccompanied adults or children) mats toys available during this session

Well-being Hour – Admission is only 50p for these sessions

Jungle Fun – Pool inflatable session for 12 years + under (*participants must be able to swim 1 length unaided*)

Aqua size – Water based aerobic session

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