

## Term-time Pool Timetable

St Nicholas Road • Thames Ditton • Surrey • KT7 0PW  
020 8398 7108 • [www.coletshealthclub.co.uk](http://www.coletshealthclub.co.uk) • [info@coletshealthclub.co.uk](mailto:info@coletshealthclub.co.uk)

Monday	
06:30-09:00	Adult swimming only
09:00-09:45	Swimming for all
09:45-10:30	Aqua* & adult lane swim
10:30-18:45	Swimming for all
10:30-11:30	Nursery lessons <sup>^</sup>
13:00-14:30	Children's lessons <sup>+</sup>
15:30-17:00	Children's lessons <sup>+</sup>
17:00-18:00	Splash Attack <sup>+</sup>
18:45-22:00	Adult swimming only
18:45-19:30	Aqua*

Tuesday	
06:30-09:00	Adult swimming only
09:00-09:45	Swimming for all
09:45-10:30	Deep Water Aqua* (no lane swim)
10:30-18:45	Swimming for all
13:00-14:00	Children's lessons <sup>+</sup>
15:30-18:00	Children's lessons <sup>+</sup>
17:45-18:45	Swim Squad <sup>+</sup>
18:45-22:00	Adult swimming only
19:00-19:45	Aqua*

Wednesday	
06:30-09:00	Adult swimming only
09:00-09:45	Swimming for all
09:45-10:30	Aqua* & adult lane swim
10:30-18:45	Swimming for all
15:30-19:00	Children's lessons <sup>+</sup>
18:45-20:00	Adult swimming only
20:00-22:00	Chill-out session (adults only)

Thursday	
06:30-09:00	Adult swimming only
09:00-09:45	Swimming for all
09:45-10:30	Deep Water Aqua* (no lane swim)
10:30-18:45	Swimming for all
10:30-11:30	Parent & Child lessons <sup>+</sup>
12:15-13:00	Swim Fit*
14:00-14:45	Club Active*
18:15-19:00	Deep Water Aqua* (no lane swim)
19:00-22:00	Adult swimming only

Friday	
06:30-09:00	Adult swimming only
09:00-11:30	Pool closed - school lessons <sup>**</sup>
11:30-18:45	Swimming for all
15:45-18:15	Children's lessons <sup>+</sup>
18:45-20:00	Adult swimming only
20:00-22:00	Chill-out session (adults only)

Saturday	
08:30-09:00	Adult swimming only
09:00-18:45	Swimming for all
10:30-11:30	Active Kids <sup>+</sup>
14:00-16:00	Children's party hire <sup>+</sup>
18:45-21:00	Adult swimming only

Sunday	
08:30-09:00	Adult swimming only
09:00-18:45	Swimming for all
14:00-16:00	Children's party hire <sup>+</sup>
18:45-21:00	Adult swimming only

*Please note: restricted lane swimming during these sessions.*

\*Please book your place in advance at reception for classes - please note: adult only swimming during all Aqua classes.

<sup>+</sup>Lessons, junior activities & parties must be booked in advance.

<sup>^</sup>Nursery lessons available to Colets Nursery children only.

<sup>\*\*</sup>School lessons are during term-time only.

### POOL RULES

- All junior members must be checked-in at reception by 17:30 (indicated by red dotted line).
- All children under the age of 14 must be supervised by an adult in the water at all times, unless they have a Super Swimmer card (details from reception). Supervision is defined as being within arm's reach.
- Children under the age of 14 may not use the sauna or spa.
- Parents are responsible for their children's behaviour in all areas of the club.