

School Holidays Pool Timetable

St Nicholas Road • Thames Ditton • Surrey • KT7 0PW
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| 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 |
| 17:00-18:00 | <i>Splash Attack*</i> |
| 18:45-22:00 | Adult swimming only |
| 18:45-19:30 | <i>Aqua*</i> |

| 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 |
| 17:45-18:45 | <i>Swim Squad*</i> |
| 18:45-22:00 | Adult swimming only |
| 19:00-19:45 | <i>Aqua*</i> |

| 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 |
| 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 |
| 12:15-13:00 | <i>Swim Fit*</i> |
| 14:00-14:45 | <i>Club Active*</i> |
| 18:15-19:00 | <i>Deep Water Aqua* (no lane swim)</i> |
| 19:00-22:00 | Adult swimming only |

| Friday | |
|-------------|---------------------------------|
| 06:30-09:00 | Adult swimming only |
| 09:00-18:45 | Swimming for all |
| 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 | <i>Active Kids*</i> |
| 14:00-16:00 | <i>Children's party hire</i> |
| 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 | <i>Children's party hire</i> |
| 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.

*Lessons, junior activities & parties must be booked in advance.

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.