

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 to 3 years)
- **Junior Group Swimming Lessons**
- **Adult Group Swimming Lessons**
- **Private Swimming Lessons** (Adult or Junior)

Please see the Swimming Lessons notice board in reception for further details or call **020 8398 7108**.

CHILL OUT TIME

On **Wednesday & Friday** evenings (20:00-22:00), join us for a relaxing swim or dip in the Jacuzzi.

The lights are dimmed, the music is relaxing - it really is the perfect way to unwind!

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. Please enquire at reception for further details and to book: **020 8398 7108**.



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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** (TD Infant School Lessons). Please see note overleaf.

*Normal time restrictions according to membership subscription apply. Bank Holiday times may vary.

Please note: The timetable will change during school holidays. Please see Pool notice boards or our website for full details: www.coletshealthclub.co.uk.

JUNIORS 14-17YRS & ESHER COLLEGE STUDENTS

- Swimming from **06:30** (Mon-Fri) / **08:30** (weekends), with a last check-in time of **17:30**.
- Facilities must be vacated by **18:45**.
- No pool or changing access during **Aqua** classes.

JUNIORS UNDER 14YRS

- All Juniors under the age of 14 **must** be accompanied by an adult, **in the water at all times**, unless they hold a Super Swimmer card.
- Swimming from **09:00** every day, with a last check-in time of **17:30**.
- Facilities must be vacated by **18:45**.
- No Pool or changing access during **Aqua** classes.
- No access to **Sauna or Jacuzzi** at any time.



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POOL TIMETABLE

Term Time



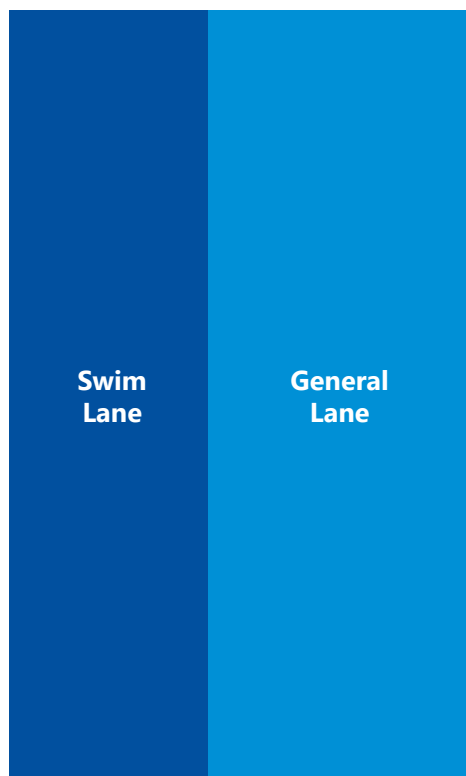
TERM-TIME POOL TIMETABLE

This is our timetable of weekly Pool activities, please use this to choose the best times for you to swim. Pool opening & **junior usage times** can be found overleaf.

Please note: As Thames Ditton School use the pool **09:00-11:30 on Friday mornings** for lessons during term time, there is **NO ACCESS** to the pool, spa, sauna or poolside changing rooms during this time.

You can also view the timetable online at www.coletshealthclub.co.uk.

STANDARD POOL LAYOUT



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	Deep Water Aqua	25m lane - adults only	Aqua class only - no swimming
	20:00-20:45	Swim Fit	25m lane - adults only	25m lane - adults only
TUES	09:45-10:30	Deep Water Aqua	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)
	17:45-18:30	Swim Squad	20m narrow lane	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
	15:45-17:15	Swimming Lessons	Lane swimming not advised*	20m lane (first 5m roped off)
	17:15-18:15	Swimming Lessons	25m lane - adults only	25m lane (narrow)
	19:00-20:00	Adult Swimming Lessons	25m lane - adults only	25m lane (narrow)
	20:00-22:00	Chill Out Time	25m lane - adults only	25m lane - adults only
THURS	06:35-07:20	Swim Fit	25m n lane - adults & 14-17s only	25m lane - adults & 14-17s only
	09:45-10:30	Deep Water Aqua	25m narrow lane - adults only	Aqua class only - no swimming
	10.30-11.00	Parent and Child Lessons	25m lane	20m lane (first 5m roped off)
	11:30-12:15	H.I.I.T. Aqua	25m lane	Aqua class only - no swimming
	12:15-13:00	Swim Fit	25m lane	25m lane
	18:20-19:00	H.I.I.T. Aqua	25m lane - adults only	Aqua class only - no swimming
FRI	09.00-11.30	POOL CLOSED	THAMES DITTON SCHOOL LESSONS	POOL CLOSED
	15:45-18:00	Swimming Lessons	25m lane - adults only	25m lane
	20:00-22:00	Chill Out Time	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.		

*Wednesday afternoons are very busy with after-school swimming lessons, we advise against lane swimming.