

<b>August 2015</b>	<b>Swimming Pool</b>	<b>Fitness Suite</b>	<b>Function Zone</b>	<b>Court Sports</b>	<b>Classes</b>
	Where Lanes / Open Swim is specified, 2 Lanes are always available. The other half of the pool is designated an Open Swim.	Members aged at least 16 years and who have completed an induction.	Members aged at least 16 years and who have completed an induction.	Free for members £7.50 per court for non members. Call to book a court.	Available for members aged 16 years + over. £1.00 for members, £5.00 for guests.
<b>Saturdays</b>	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes 2.30pm - 4.30pm Open	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	<b>Golf Course</b>
<b>Sundays</b>	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes 2.30pm - 4.30pm Open	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	Just £10.00 for 18 holes of golf. All day, every day!
<b>Monday</b>					
<b>Monday</b>	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 11.00am - 12.00pm Open 12.00pm - 1.30pm Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 12.30pm - 2.30pm <u>Table Tennis</u> 10.00am - 6.15pm	<u>ViPR</u> 6.30pm - 7.15pm
<b>Tuesday</b>	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 1.30pm Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.00am & 10.15am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
<b>Wednesday</b>	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 1.30pm Lanes 1.30pm - 3.00pm Open 4.30pm - 6.00pm Open 9.00pm - 10.00pm Open	7.30am-10.00pm	6.30am - 10.15am & 11.30am-10.00pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
<b>Thursday</b>	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 1.30pm Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Table Tennis</u> 8.00am - 9.30am	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
<b>Friday</b>	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 11.00am - 12.00pm Open 12.00pm - 1.30pm Lanes 4.30pm - 8.00pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am
<b>Bank Holiday Monday - 31st August 2015</b>					
<b>Monday 31st</b>	9.00am - 10.00am lanes 10.00am - 12.00pm Open 1.00pm - 2.00pm Lanes 2.00pm - 4.30pm Open	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 12.30pm - 2.30pm <u>Table Tennis</u> 10.00am - 4.00pm	<b>Golf Course</b> Just £10.00 for 18 holes of golf. All day, every day

## Lane Swimming Etiquette

To help with your swimming experience we ask that during all lane swim sessions members enter the pool in the lane most appropriate to your swimming ability & speed.

In the event that there are 2 or more swimmers in a lane, then the direction indicated on the lane board must be observed. If you are unsure of which lane to use, or would like further assistance when entering the pool, please do not hesitate to ask a lifeguard who will be very happy to provide advice.