



# Swimming Timetable

Farnborough Leisure Centre

Tel: 01252 370411

[enquiries@farnboroughleisurecentre.co.uk](mailto:enquiries@farnboroughleisurecentre.co.uk)

# MAIN POOL

## MONDAYS

06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
09.30 – 10.15	Water Workout Session
12.05 – 14.00	Adult Lane Swimming
14.05 – 16.00*	General Swimming
17.35 – 19.00	Adult Lane Swimming
19.05 – 21.00	General Swimming
19.15 – 20.00	Water Workout Session
21.05 – 22.00	Adult Lane Swimming

## TUESDAY

06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
12.05 – 14.00	Adult Lane Swimming
14.05 – 18.00*	General Swimming

## WEDNESDAY

06.00 – 12.00*	General Swimming
12.05 – 14.00	Adult Lane Swimming
14.05 – 15.00*	Senior Swimming
15.05 – 17.30	General Swimming
17.35 – 19.00	Adult Lane Swimming
19.05 – 21.00	General Swimming
20.15 – 21.00	Water Workout Session
21.05 – 22.00	Adult Lane Swimming

## THURSDAY

06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
10.00 – 10.45	Water Workout Session
12.05 – 14.00	Adult Lane Swimming
14.05 – 18.00	General Swimming

## FRIDAY

06.00 – 12.00*	General Swimming
12.05 – 14.00	Adult Lane Swimming
14.05 – 15.00*	Senior Swimming
15.05 – 17.30	General Swimming
17.35 – 19.00	Adult Lane Swimming
19.05 – 21.00	General Swimming
19.00 – 19.45	Water Workout Session
21.05 – 22.00	Adult Lane Swimming

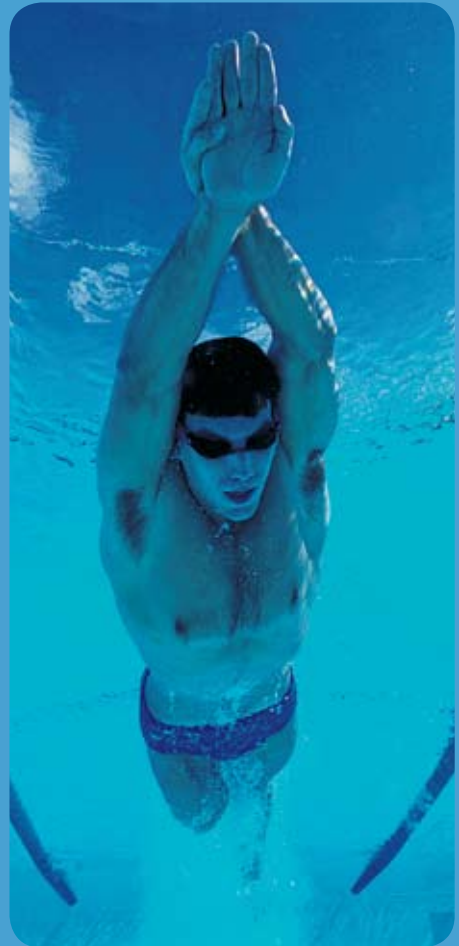
## SATURDAY

08.00 – 09.30	Adult Lane Swimming
09.35 – 13.00	General Swimming

13.05 – 14.00	Family Swimming
14.05 – 15.00	Splash Time
15.05 – 16.00	Splash Time
16.05 – 18.00	General Swimming

## SUNDAY

08.00 – 09.30	Adult Lane Swimming
09.35 – 12.00	General Swimming
14.05 – 15.00	Splash Time
15.05 – 16.00	Splash Time
16.05 – 17.00	General Swimming
17.05 – 18.00	Family Swimming



# LEARNER POOL

## MONDAYS

09.00 – 10.00	General Swimming
12.00 – 14.00	General Swimming
18.00 – 20.00	General Swimming

## TUESDAY

09.00 – 10.00	General Swimming
11.30 – 13.00	Parent & U5 Swimming
14.30 – 16.00	General Swimming

## WEDNESDAY

09.00 – 10.00	General Swimming
12.00 – 13.00	General Swimming
14.30 – 16.00	General Swimming
18.30 – 20.00	General Swimming

## THURSDAY

11.30 – 12.30	Parent & U5 Swimming
14.30 – 16.00	General Swimming

## FRIDAY

09.00 – 10.00	General Swimming
12.00 – 13.00	General Swimming
14.30 – 16.00	General Swimming
18.00 – 20.00	General Swimming

## SATURDAY

13.00 – 14.00	Family Swimming
14.05 – 15.00	Splash Time
15.05 – 16.00	Splash Time
16.05 – 17.00	General Swimming

## SUNDAY

08.00 – 09.30	Parent & U5 Swimming
09.30 – 12.00	General Swimming
14.05 – 15.00	Splash Time
15.05 – 16.00	Splash Time
16.05 – 17.00	General Swimming

## Information

- Children under 8 must be supervised in the water and changing rooms by a Parent or Adult (18+).
- A maximum of 3 children under 8 are permitted per parent / adult.
- Under 8s and weak or non-swimmers will not be allowed on the inflatable for safety reasons.
- The use of electrical equipment, mobile phones and cameras are strictly prohibited on poolside.
- At times the pool will have lanes in use for swimming lessons, club swimming and staff training.
- The pool programme runs throughout the year including holidays.
- The management reserve the right during busy periods to restrict swimming to timed sessions.

## Don't forget...

1. Your Costume
2. Your towel
3. £1 for your locker (refundable)
4. Your Free Swimming Card (pre-registration essential)
5. To go to the toilet before swimming
6. Have a shower before swimming



## Children's Lessons

Swimming Academy offers structured swimming lessons for children in a safe and fun environment.

Children will work towards an award scheme and earn badges and certificates on achieving the set criteria for each level. Children are assessed continuously and moved up to the next level as soon as they meet the criteria.

We work to the ASA National Teaching Plan, which is a nationally recognised syllabus for swimming development.

Not only can we offer your children swimming instruction to enable them to swim strongly, confidently and

safely. We can also provide further development to become competitive swimmers, swimming coaches or lifeguards depending on their goals. This forms part of our Sports Development Policy

Contact our Main Reception on 01252 370411 for more information.



## Adult Lessons

Our adult lesson programme is for all ages and abilities.

Are you a total beginner who needs to learn water confidence and basic strokes? Or are you a swimmer who would like to learn to improve stroke technique? We have lessons to help you.

Contact our Main Reception for further details on 01252 370411.

## What session is right for me?

### General Swimming Sessions

Open to all swimmers of all abilities and ages.

### Adult Lane Swimming Sessions

Open to all swimmers over 16 years of age to swim lengths. Fast, medium, slow lanes available for all abilities.

### Senior Swim Sessions

Session aimed at swimmers 60 years and over.

### Splashtimes

Fun floats and / or inflatable available in the pools.

### Parent & U5

For adults with younger children who want to swim during a quieter time.

### Water Workout

An aerobics class in one of our shallow ends. See the workout timetable for more information.

### Family Swimming

A quieter time for the family to swim together.

