

FREE SWIMMING
for 60+



Swimming Timetable

Parish Wharf Leisure Centre

Main Pool

Monday

7.00am-9.00am	Lane Swimming
9.00am-12noon	Swim Academy (2 lanes available to the public)
12noon-1.30pm	All welcome (1 lane available to the public)
1.30pm-3.00pm	Public Swimming*
3.00pm-6.00pm	All Welcome
6.00pm-7.00pm	Lane Swimming
6.30pm-7.00pm	All welcome
7.00pm-10.00pm	Portishead swimming Club (closed to the Public)

Tuesday

7.00am-9.00am	Lane Swimming
9.00am-11.00am	All Welcome
11.00am-1.30am	Swim Academy (2 lanes available)
1.30pm-2.30pm	Adult lessons (2 lanes available)
2.30pm-3.30pm	All Welcome
3.30pm-6.00pm	Swim Academy (pool closed)
6.30pm-8.00pm	All Welcome
8.00pm-9.00pm	Aqua Aerobics (2 lanes available)
9.00pm-10.00pm	Lane Swimming

Wednesday

7.00am-9.00am	Lane Swimming**
9.00am-9.30am	All welcome
9.30am-12noon	Public Swimming*
12noon-12.40pm	Aqua Aerobics (2 lanes available)
12.40pm-1.20pm	Aqua Aerobics (2 lanes available)
1.20pm-3.00pm	Public Swimming*
3.00pm-3.30pm	All welcome
3.30pm-6.00pm	Swim Academy (pool closed)
6.00pm-8.00pm	All welcome
8.00pm-9.00pm	Lane Swimming
9.00pm-10.00pm	Lane Swimming

Thursday

7.00am-9.30am	Lane Swimming
9.30am-11.00am	Swim Academy (2 lanes available)
11.00am-3.30pm	All Welcome
3.30pm-6.00pm	Swim Academy (pool closed)
6.30pm-8.00pm	All Welcome

8.00pm-9.00pm	Lane Swimming
9.00pm-10.00pm	Lane Swimming

Friday

7.00am-930am	Lane Swimming
9.30am-1.00pm	Swim Academy (2 lanes available)
1.00pm-1.30pm	All Welcome
1.30pm-2.30pm	Public Swimming*
2.30pm-3.30pm	All Welcome
3.30pm-6.00pm	Swim Academy (pool closed)
6.30pm-8.00pm	All Welcome
8.00pm-10.00pm	Lane Swimming

Saturday

8.00am-11.00am	Swim Academy (2 lanes available)
11.00am-12noon	All welcome
12noon-1.30pm	Splash Attack
1.30pm-5.00pm	All welcome
5.00pm-6.00pm	Lane swimming

Sunday

8.00am-5.00pm	All Welcome
5.00pm-6.00pm	Lane swimming

*Pool to be shared with Schools Swimming Lessons. Only 1 lane available for Adults Only Session.

**both pools will be closed on the following dates due to deep cleaning 19/5/10, 16/6/10, 21/7/10, 18/8/10, 15/9/10, 20/10/10, 17/11/10, 15/12/10, 19/1/11, 16/2/11, 16/2/11.

Swimming Memberships

Did you know that if you swim just twice a week you could save £££s by taking out a swimming membership.

Contact a customer advisor on

01275 848494

for more details.

Please Note: there will be a different timetable operating for the school holidays. Check at reception.

Leisure Pool

Monday

9.00am-7.00pm All Welcome (families)*

*Also available to hire for parties between 5.00pm 7.00pm

Tuesday

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9.00am-7.00pm All Welcome (families)*

*Also available to hire for parties between 5.00pm 7.00pm

Saturday

9.00am-6.00pm All Welcome (Families)

4.00pm-6.00pm All Welcome*

*(Also available to hire for parties)

Sunday

9.00am-6.00pm All Welcome (Families)

4.00pm-6.00pm All Welcome*

*(Also available to hire for parties)



Important information for Swimmers

- Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+)
- A maximum of 2 children under 8 is permitted per parent/adult
- It is also recommended that children under 5 years should be accompanied on a one-one basis
- Please note that the leisure pool is for families with under 8's
- Use of photographic equipment is allowed once you have registered at reception
- Outdoor footwear is not to be worn within the changing village, overshoes are provided



A good routine to keep the pool clean

- Go to the toilet before swimming
- Have a shower and wash your feet
- Store your clothes in a locker
- Think... have I just eaten, should I swim?

I shouldn't go swimming if I have:

- A cold
- A throat infection
- An ear infection
- An upset stomach
- An infectious skin condition or open wound



Dive in with us!

Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **ULTEX** chlorine proof swimwear.



At Zoggs we have a passion for swimming, we want to share that passion with you!



www.zoggs.com



DCL24926



Harbour Road, Portishead / 01275 848 494



Operated by DC Leisure Management Ltd on behalf of North Somerset Council