



# Swimming Timetable

31st March – 1st September 2010

Alton Sports Centre

Mill Chase Leisure Centre

Taro Leisure Centre



# NOW AVAILABLE!

## SWIMMING ACADEMY STAGES 1 THROUGH to 8

- Continuous assessment for advancement - no more termly enrolment
- Direct debit payment option
- Unlimited free swimming during public times (direct debit payers only)

### WE ALSO TEACH

- Individual 1 to 1 and 1 to 2 Swimming Lessons
- Parent & Child Swimming Lessons
- Adult Swimming Lessons
- Fun and fitness/stamina classes

### ENROL ANY TIME OF THE YEAR!

For full details of our Swimming Academy courses, please contact your nearest centre.



# Information

## Swim Supervision Policy

Children under 8 years of age must be accompanied at all times, in and out of the water, either by a parent or an adult over 18 years of age.

A ratio of no more than 3 children to one adult is allowed in the water.

## User Checklist

- £1 for your locker (refunded)
- Shower before entering the pool
- Goggles, costumes, armbands and much more available to buy at Reception
- Aqua nappies must be worn by all babies
- Encourage your child to use the toilet before entering the pool

**Parent & Child:** For under 5s accompanied by a parent or carer. This is a confidence session with floats in the pool.

**Adult Lane Swimming:** Lanes are split into slow, medium and fast and the remainder of the pool is open to all adult swimmers.

The number of lanes may be increased or reduced depending on demand.

**Naturist Swim:** A nude swimming session for adults 18+ only. (Alton only)

**50+ Sessions:** Sessions designed for those aged 50 or over only.

**Coached Swim:** An adult session where you can drop in to gain advice about your swimming, strokes and techniques. This session is aimed at all levels, but is not designed as a swimming class.

## Fun & Floats

A session with slide facilities (if available at your centre) and floats - a great way to exercise and, at the same time, have fun with your friends and family.

## Why should I swim?

- Swimming is a great way to get a trimmer body and improve your general health and fitness.
- Whether you are splashing around with your children, swimming a few lengths a week or joining in an aqua class your health will still benefit.
- Because the water supports your weight the stress on your joints is much less, making it an activity suitable for all ages and abilities.

'I started swimming 6 months ago after not swimming for many years. Having swum twice a week I have now dropped a dress size and have much more energy than I used to.'

Claire, 28, Hampshire.

## Did you know?

- Swimming is the nation's most popular sporting activity. (MORI 2005)
- Research suggests you use up to 25 percent more calories in water than you would if you were swimming through air. (BBC)

## What session is right for me?

If you want to enjoy a relaxing swim and perhaps do a few lengths, you should consider our Public/Lane Swimming Sessions.

If you want to swim lengths, whether it is 20 steady lengths at your own pace or a more vigorous workout, you should also consider our Adult Lane Swimming and Lane Swimming Sessions. These are ideal for those using our kinetika swimming membership.

To find out more about our kinetika swimming membership and other membership options available, please contact a Customer Advisor at reception.



# Alton Sports Centre Term Timetable

## Main Pool

### Monday

06.45-09.00	Public/Lane Swimming (4 lanes)
09.00-10.00	Adult swimming lessons (3 lanes) Public/Lane Swimming (3 lanes)
10.00-11.30	School Swimming
11.30-12.15	50+ Aqua
12.15-15.50	Public/Lane Swimming
16.00-17.00	Swimming Lessons
17.00-21.00	Swim Club
21.00-22.00	Adult Swimming Lessons Adult Lane Swimming (2 lanes)

### Tuesday

06.45-09.00	Public/Lane Swimming (4 lanes)
09.00-10.00	Pool Cleaning
10.00-11.30	School Swimming
11.30-15.50	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public/Lane Swimming
19.00-19.55	Aqua Aerobics
20.00-21.00	Public/Lane Swimming
21.00-22.00	Adult Lane Swimming

### Wednesday

06.45-09.00	Public/Lane Swimming (4 lanes)
09.00-10.00	Public Swimming
09.00-10.00	Coached Swim (4 lanes)
10.00-11.30	School Swimming
11.30-17.00	Public/Lane Swimming (12.15-15.50 3 lanes only)
13.00-14.00	Adult beginner course (2 lanes)
17.00-20.00	Swim Club
20.00-20.30	Public/Lane Swimming
20.30-22.00	Blackwater Valley Canoe Club

### Thursday

06.45-08.30	Public/Lane Swimming (4 lanes)
08.30-11.00	Staff Training/Schools
11.00-11.30	Ladies Swim (half pool) and schools (half pool) widths only
11.30-12.15	Aqua Aerobics
12.15-15.50	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-19.30	Public/Lane Swimming

19.30-20.25	Aqua Aerobics
20.25-21.00	Public/Lane Swimming
21.00-22.00	Adult Lane Swimming

### Friday

06.45-09.00	Public/Lane Swimming
09.00-10.00	Adult Lane Swimming (2 lanes only)
09.00-10.00	Coached Swim (4 lanes)
10.00-11.30	School Swimming
11.30-15.50	Public/Lane Swimming
16.00-18.00	Swimming Lessons
17.00-18.30	Swim Club (3 lanes)
18.30-20.30	Alton Canoe Club
20.30-22.00	Adult Lane Swimming

### Saturday

08.00-10.30	Swimming Lessons
10.30-12.00	Fun & Floats
12.00-14.45	Public/Lane Swimming
14.45-15.00	Pool Closed
15.00-16.00	Inflatable & Fun
16.00-18.00	Private/Party Hire

### Sunday

08.00-10.00	Public/Lane Swimming (4 lanes)
10.00-10.30	Public/Lane Swimming
10.30-11.30	Fun & Floats
11.30-14.30	Public/Lane Swimming
14.30-14.45	Pool Closed
14.45-15.45	Inflatable & Fun
15.45-16.00	Pool Closed
16.00-17.00	Public/Lane Swimming
17.00-19.00	Swim Club
18.00-19.00	Public/Lane Swimming (4 lanes)
19.00-19.30	Pool Closed
19.30-21.30	Naturist Swim (18+ Only)



## Learner Pool

### Monday

09.00-10.00	Swimming Lessons
10.00-11.30	School Swimming
11.30-14.00	Public Swimming
14.00-15.00	Parent & Child
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

### Tuesday

09.00-10.00	Pool Cleaning
10.00-11.30	School Swimming
11.30-14.00	Public Swimming
14.00-15.00	Parent & Child
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

### Wednesday

09.00-10.00	Public Swimming (half pool only)
10.00-11.30	School Swimming
11.30-14.00	Public Swimming
14.00-15.00	Swimming Lessons
15.00-15.50	Public Swimming
16.00-18.00	Swimming lessons
18.00-19.00	Public Swimming

### Thursday

08.30-10.30	Staff Training
10.30-11.30	School Swimming
11.30-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

### Friday

09.00-10.00	Parent & Child (half pool only)
10.00-11.30	School Swimming
11.30-14.00	Public Swimming
14.00-15.00	Parent & Child
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

For further information and prices please contact reception.

### Saturday

08.00-11.00	Swimming Lessons
11.00-12.00	Fun & Floats
12.00-14.45	Public Swimming
14.45-15.00	Pool Closed
15.00-16.00	Fun & Floats
16.00-18.00	Private/Party Hire

### Sunday

08.00-10.00	Parent & Child
10.00-10.30	Public Swimming
10.30-11.30	Fun & Floats
11.30-14.30	Public Swimming
14.30-14.45	Pool Closed
14.45-15.45	Fun & Floats
15.45-16.00	Pool Closed
16.00-17.00	Private/Party Hire
17.00-18.00	Alton Swim Club
18.00-19.00	Public Swimming

## Diving Pool

The diving pool is open for general swimming at the following times:

Monday	19.30-22.00
Tuesday-Friday	19.00-22.00
Saturday	10.30-17.00
Sunday	10.30-17.00

Please note: This programme may be subject to change. Please ask at reception for more details.

Please note: The Inflatable & Fun sessions are payable separately.



# Alton Sports Centre Holiday Timetable

(Running week commencing 26/07/10 to 27/08/10 there will be a separate timetable issued)

## Main Pool

### Monday

06.45-09.00	Public/Lane Swimming
09.00-11.25	Public/Lane Swimming (4 lanes)
09.00-10.30	S.A Crash Courses (2 lanes)
11.30-12.15	Aqua Aerobics 50+
12.30-14.00	Public/Lane Swimming
14.00-15.00	Fun & Floats
15.00-15.50	Public/Lane Swimming
16.00-17.00	Swimming Lessons
17.00-21.00	Swimming Club (All lanes) (may be subject to change)
21.00-22.00	Adult Swimming Lessons* Adult Lane Swimming (2 lanes)

### Tuesday

06.45-09.00	Public/Lane Swimming (4 lanes)
06.45-07.45	Swimming Club
09.00-10.30	Public/Lane Swimming
09.00-10.30	S.A Crash Courses (2 lanes)
10.30-11.30	Closed for cleaning
11.30-14.00	Public/Lane Swimming
14.00-15.00	Fun & Floats
15.00-15.50	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public/Lane Swimming
19.00-20.00	Aqua Aerobics
20.00-21.00	Public/Lane Swimming
21.00-22.00	Adult Lane Swimming

### Wednesday

06.45-09.00	Public/Lane Swimming (4 lanes)
06.45-07.30	Swimming Club
09.00-10.00	Coached Swim (3 lanes)
09.00-10.30	S.A Crash Courses (2 lanes)
09.00-14.00	Public/Lane Swimming (09.00-10.00 -1 lane)
13.00-14.00	Swimming Lessons* (2 lanes)
14.00-15.00	Fun & Floats
15.00-17.00	Public/Lane Swimming
17.00-20.00	Swimming Club (All lanes) (subject to change)
20.00-20.30	Public/Lane Swimming
20.30-22.00	Blackwater Valley Canoe Club

### Thursday

06.45-08.30	Public/Lane Swimming (4 lanes)
06.45-07.30	Swimming Club (2 lanes)
08.30-10.30	Closed for training
09.00-10.30	S.A Crash Courses (2 lanes)
10.30-11.30	Public/Lane Swimming
11.30-12.15	Aqua Aerobics
12.15-14.00	Public/Lane Swimming
14.00-15.00	Fun & Floats
15.00-15.50	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-19.30	Public/Lane Swimming
19.30-20.15	Aqua Aerobics
20.00-21.00	Public/Lane Swimming
21.00-22.00	Adult Lane Swimming

### Friday

06.45-09.00	Public/Lane Swimming
09.00-10.00	Coached Swim (3 lanes)
09.00-10.30	S.A Crash Courses (2 lanes)
09.00-14.00	Public/Lane Swimming (9.00-10.00- 1 lane)
14.00-15.00	Fun & Floats
15.00-15.50	Public/Lane Swimming
16.00-18.00	Swimming Lessons
17.00-18.30	Swimming Club (3 lanes) (subject to change)
18.30-20.30	Alton Canoe Club
20.30-22.00	Adult Lane Swimming

### Saturday

08.00-11.00	Swimming Lessons
10.30-12.00	Fun & Floats
12.00-14.45	Public/Lane Swimming
14.45-15.00	Pool Closed
15.00-16.00	Inflatable & Fun
16.00-18.00	Private/Party Hire

### Sunday

08.00-10.00	Adult Lanes (4 lanes)
08.30-10.00	Swimming Club (2 lanes)
10.00-10.30	Public/Lane Swimming
10.30-11.30	Fun & Floats
11.30-14.30	Public/Lane Swimming
13.00-14.00	Adult Lanes (3 lanes)

14.30-14.45	Pool Closed
14.45-15.45	Inflatable & Fun
15.45-16.00	Pool Closed
16.00-17.00	Public/Lane Swimming (4 lanes)
17.00-19.00	Swim Club
19.00-19.30	Pool Closed
19.30-21.30	Naturist Session (Adults Only)

## Learner Pool

### Monday

09.00-10.30	S.A Crash Courses
10.30-14.00	Public Swimming
14.00-15.00	Fun & Floats
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

### Tuesday

09.00-10.30	S.A Crash Courses
10.30-11.30	Closed for cleaning
11.30-14.00	Parent & Child
14.00-15.00	Fun & Floats
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

### Wednesday

09.00-10.30	S.A Crash Courses
10.30-13.00	Public Swimming
13.00-14.00	Parent & Child
14.00-15.00	Swimming Lessons*
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

### Thursday

09.00-10.30	S.A Crash Courses
10.30-11.30	Public Swimming
11.30-14.00	Parent & Child
14.00-15.00	Fun & Floats
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Public Swimming

### Friday

09.00-10.30	S.A Crash Courses
10.30-14.00	Public Swimming
14.00-15.00	Fun & Floats
15.00-15.50	Public Swimming
16.00-18.00	Swimming Lessons

Please note: The Inflatable & Fun sessions are payable separately.

18.00-19.00	Public Swimming
<b>Saturday</b>	
08.00-11.00	Swimming Lessons
11.00-12.00	Fun & Floats
12.00-14.45	Public Swimming
14.45-15.00	Pool Closed
15.00-16.00	Fun & Floats
16.00-18.00	Private/Party Hire

### Sunday

08.00-10.30	Parent & Child
10.30-11.30	Fun & Floats
11.30-14.30	Public Swimming
14.30-14.45	Pool Closed
14.45-15.45	Fun & Floats
15.45-16.00	Pool Closed
16.00-17.00	Private/Party Hire
17.00-18.00	Swim Club
18.00-19.00	Family Swimming

## DIVING POOL Opening Times

Monday-Friday	19.00-22.00
Saturday	10.30-16.00
Sunday	10.30-16.00

Please note: This programme may be subject to change. Please ask at reception for more details.

\*Pre school, parent & child & adult swimming lessons will not run during the Christmas holidays.

When swimming lessons are not on the Public/Lane Swimming sessions will be running instead.

## Key

S.A: Swimming Academy



# Taro Leisure Centre Timetable

## Main Pool

### Monday

06.30-09.30	Public/Lane Swimming
09.30-10.30	Aqua Aerobics
10.30-12.00	50+ Only
12.00-15.45	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-21.00	Public/Lane Swimming
21.00-22.00	Adult Lane Swimming

### Tuesday

06.30-15.45	Public/Lane Swimming
(9.30-10.30	½ Pool Public swimming only)
09.30-10.30	Adult Swimming Lessons (2 Lanes)
16.00-18.00	Swimming Lessons
18.00-20.00	Alton Swimming Club
20.05-21.05	Aqua Aerobics
21.05-22.00	Adult Lane Swimming

### Wednesday

06.30-09.20	Public/Lane Swimming
09.20-10.20	Aqua Aerobics
10.20-15.45	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-21.00	Public/Lane Swimming
21.00-22.00	Ladies Only, Adult Lane Swimming

### Thursday

06.30-08.30	Public/Lane Swimming
08.30-10.30	Staff Training
10.30-12.00	School Swimming
12.00-18.00	Public/Lane Swimming
18.00-20.00	Fun & Floats
20.00-21.00	Aqua Aerobics
21.00-22.00	Adult Lane Swimming

### Friday

06.30-09.20	Public/Lane Swimming
09.20-10.20	Aqua Aerobics
10.20-12.00	School Swimming
12.00-15.45	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-20.30	Alton Swim Club
20.00-20.30	1/2 Pool Public Swim
20.30-21.00	Public/Lane Swimming
21.00-22.00	Adult Lane Swimming

### Saturday

08.00-11.00	Swimming Lessons
11.00-14.30	Public/Lane Swimming
14.30-15.30	Fun and Floats
15.30-19.00	Public/Lane Swimming
19.00-19.15	Pool Closed
19.15-21.00	Private/Party Hire

### Sunday

08.00-10.00	Public/Lane Swimming
10.00-14.30	Family Swimming
14.30-15.30	Fun & Floats
15.30-17.00	Public/Lane Swimming
17.00-19.30	Staff Training
19.30-21.00	Public/Lane Swimming
21.00-22.00	Adult Lane Swimming

For further information and prices please contact reception.



## Leisure Pool

### Monday

09.00-10.30	Swimming Lessons
10.30-12.00	50+ Only
12.00-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming (S&V)

### Tuesday

09.00-09.30	Public Swimming
09.30-11.00	Swimming Lessons
11.00-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming

### Wednesday

09.00-10.30	Parent & Child (under 5's)
10.30-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming (S&V)

### Thursday

08.30-10.30	Staff Training
10.30-12.00	Parent & Child (under 5's)
12.00-16.00	Public Swimming
16.00-20.00	Public Swimming (Slide only)

### Friday

09.00-10.30	Swimming Lessons
10.30-12.00	School Swimming
12.00-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Private/Party Hire

### Saturday

08.00-11.00	Swimming Lessons
11.00-19.00	Public Swimming (S&V)
19.00-19.15	Pool Closed
19.15-21.00	Private/Party Hire

### Sunday

08.00-10.00	Public Swimming (S&V from 09.00am)
10.00-14.30	Family Swimming (S&V)
14.30-17.00	Public Swimming
17.00-18.30	Private/Party Hire
18.30-19.30	Staff Training
19.30-20.00	Public Swimming

## Learner Pool

### Monday

09.00-10.30	Swimming Lessons
10.30-12.00	50+ Only
12.00-15.45	Public Swimming
16.00-18.00	Lessons
18.00-20.00	Public Swimming

### Tuesday

09.00-09.30	Public Swimming
09.30-11.00	Swimming Lessons
11.00-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Alton Swimming Club
19.00-20.00	Adult Swimming Lessons

### Wednesday

09.00-11.30	Swimming Lessons
11.30-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming

### Thursday

08.30-09.30	Staff Training
09.30-12.00	Swimming Lessons
12.00-20.00	Public Swimming

### Friday

09.00-12.00	Swimming Lessons
12.00-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Alton Swimming Club

### Saturday

08.00-11.00	Swimming Lessons
11.00-19.00	Public Swimming
19.00-19.15	Pool Closed
19.15-21.00	Private/Party Hire

### Sunday

08.00-10.00	Public Swimming
10.00-14.30	Family Swimming
14.30-17.00	Public Swimming
17.00-19.30	Staff Training
19.30-20.00	Public Swimming

Please note: This programme may be subject to change. Please ask at reception for more details.

Key: (S&V) = Slide/Vortex will be on alternately every ½ hour.

# Taro Leisure Centre Holiday Timetable

(Running week commencing 26/07/10 to 27/08/10 there will be a separate timetable issued)

## Main Pool

### Monday

06.30-09.30 Public/Lane Swimming  
09.30-10.30 Aqua Aerobics  
10.30-15.45 Public/Lane Swimming  
16.00-18.00 Swimming Lessons  
18.00-21.00 Public/Lane Swimming  
21.00-22.00 Adult Lane Swimming

### Tuesday

06.30-09.00 Public/Lane Swimming  
09.00-10.30 50+ Only  
10.30-15.45 Public/Lane Swimming  
16.00-18.00 Swimming Lessons  
18.00-20.00 Alton Swimming Club  
20.05-21.05 Aqua Aerobics  
21.05-22.00 Adult Lane Swimming

### Wednesday

06.30-09.20 Public/Lane Swimming  
09.20-10.20 Aqua Aerobics  
10.30-15.45 Public/Lane Swimming  
16.00-18.00 Swimming Lessons  
18.00-21.00 Public/Lane Swimming  
21.00-22.00 Ladies Only, Adult Lane Swimming

### Thursday

06.30-08.30 Public/Lane Swimming  
08.30-10.30 Staff Training  
10.30-18.00 Public/Lane Swimming  
18.00-20.00 Fun & Floats

20.00-21.00 Aqua Aerobics  
21.00-22.00 Adult Lane Swimming

### Friday

06.30-09.20 Public/Lane Swimming  
09.20-10.20 Aqua Aerobics  
10.30-15.45 Public/Lane Swimming  
16.00-18.00 Swimming Lessons  
18.00-20.30 Alton Swim Club  
20.00-20.30 1/2 Pool Public Swim  
20.30-21.00 Public/Lane Swimming  
21.00-22.00 Adult Lane Swimming

### Saturday

08.00-11.00 Swimming Lessons  
11.00-14.30 Public/Lane Swimming  
14.30-15.30 Fun and Floats  
15.30-19.00 Public/Lane Swimming  
19.00-19.15 Pool Closed  
19.15-21.00 Private/Party Hire

### Sunday

08.00-10.00 Public/Lane Swimming  
10.00-14.30 Family Swimming  
14.30-15.30 Fun & Floats  
15.30-17.00 Public/Lane Swimming  
17.00-19.30 Staff Training  
19.30-21.00 Public/Lane Swimming  
21.00-22.00 Adult Lane Swimming



## Leisure Pool

### Monday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming (S&V)
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming (S&V)

### Tuesday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming (S&V)
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming (S&V)

### Wednesday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming (S&V)
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming (S&V)

### Thursday

08.30-09.00	Staff Training
09.00-10.30	Crash Courses
10.30-20.00	Public Swimming (S&V)

### Friday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming (S&V)
16.00-18.00	Swimming Lessons
18.00-20.00	Private/Party Hire

### Saturday

08.00-11.00	Swimming Lessons
11.00-17.45	Public Swimming (S&V)
17.45-18.00	Pool Closed
18.00-19.00	Fun Swim
19.00-19.15	Pool Closed
19.15-21.00	Private/Party Hire

### Sunday

08.00-10.00	Public Swimming (S&V from 09.00am)
10.00-14.30	Family Swimming (S&V)
14.30-17.00	Public Swimming
17.00-18.30	Private/Party Hire
18.30-19.30	Staff Training
19.30-20.00	Public Swimming

## Learner Pool

### Monday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming
16.00-18.00	Lessons
18.00-20.00	Public Swimming

### Tuesday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-19.00	Alton Swimming Club
19.00-20.00	Adult Swimming Lessons

### Wednesday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Public Swimming

### Thursday

08.30-09.00	Staff Training
09.00-10.30	Crash Courses
10.30-20.00	Public Swimming

### Friday

09.00-10.30	Crash Courses
10.30-15.45	Public Swimming
16.00-18.00	Swimming Lessons
18.00-20.00	Alton Swimming Club

### Saturday

08.00-11.00	Swimming Lessons
11.00-19.00	Public Swimming
19.00-19.15	Pool Closed
19.15-21.00	Private/Party Hire

### Sunday

08.00-10.00	Public Swimming
10.00-14.30	Family Swimming
14.30-17.00	Public Swimming
17.00-19.30	Staff Training
19.30-20.00	Public Swimming

Please note: This programme may be subject to change. Please ask at reception for more details.  
Key: (S&V) = Slide/Vortex will be on alternately every ½ hour

# Mill Chase Leisure Centre Term Timetable



## Main Pool

### Monday

07.00-09.00	Public/Lane Swimming
09.00-11.15	Public/Lane Swimming
11.15-12.00	50+ Aqua Aerobics
12.00-13.30	Lunchtime Lanes
13.30-14.10	School Use
14.10-16.00	Public/Lane Swimming
16.00-19.00	Swimming Lessons
19.00-19.45	Aqua Natal (1/2 pool Casual Swim)
19.45-21.00	Public/Lane Swimming

### Tuesday

07.00-09.00	Public/Lane Swimming
09.00-12.00	Public/Lane Swimming
12.00-13.30	Lunchtime Lanes
13.30-14.10	School Use
14.10-16.00	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-19.15	Public/Lane Swimming
19.15-20.10	Aqua Aerobics
20.10-21.00	Public/Lane Swimming

### Wednesday

07.00-09.00	Public/Lane Swimming
09.00-10.00	Public/Lane Swimming
10.00-10.55	Aqua Aerobics
10.55-12.00	Public/Lane Swimming
12.00-13.45	Lunchtime Lanes
13.45-14.45	School Use
14.45-16.00	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-21.00	Public/Lane Swimming

### Thursday

07.00-09.35	Public/Lane Swimming
09.35-10.30	Aqua Aerobics
10.30-13.45	Public/Lane Swimming
13.45-14.15	School Use
14.15-16.15	Staff Training
16.15-18.00	Public/Lane Swimming
18.00-20.00	Alton Swimming Club
20.00-21.00	Adult Lessons

### Friday

07.00-09.00	Public/Lane Swimming
09.00-11.15	Public/Lane Swimming
11.15-11.45	School Use
11.45-14.00	Lunchtime Lanes
14.00-15.00	School Use
15.00-21.00	Public/Lane Swimming

### Saturday

08.30-11.30	Swimming Lessons
11.30-13.30	Public/Lane Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public/Lane Swimming
16.00-18.45	Available for Private Hire

### Sunday

09.00-10.00	Public/Lane Swimming
10.00-12.00	Family Swimming
12.00-13.30	Public/Lane Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public/Lane Swimming
16.00-18.30	Swim Club

## Learner Pool

### Monday

07.00-09.30	Public Swimming
09.30-12.00	Swimming Lessons
12.00-13.30	Public Swimming
13.30-14.10	School Use
14.10-15.30	Public/Lane Swimming
15.30-19.00	Swimming Lessons
19.00-21.00	Public Swimming

### Tuesday

07.00-09.30	Public Swimming
09.30-12.00	Swimming Lessons
12.00-13.30	Public Swimming
13.30-14.10	School Use
14.10-16.00	Public/Lane Swimming
16.00-18.00	Swimming Lessons
18.00-21.00	Public Swimming

### Wednesday

07.00-09.30	Public Swimming
09.30-12.00	Swimming Lessons
12.00-13.45	Public Swimming
13.45-14.45	School Swimming
14.45-16.00	Public Swimming
16.00-18.00	Swimming Lessons
18.00-21.00	Public Swimming

### Thursday

07.00-09.30	Public Swimming
09.30-12.10	Swimming Lessons

12.10-13.45	Public Swimming
13.45-14.15	School Swimming
14.15-16.15	Staff Training
16.15-21.00	Public Swimming

### Friday

07.00-09.00	Public Swimming
09.00-10.30	School Use
10.30-12.30	Swimming Lessons
12.30-14.00	Public Swimming
14.00-15.00	School Use
15.00-21.00	Public Swimming

### Saturday

08.30-11.30	Swimming Lessons
11.30-13.30	Public Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public Swimming
16.00-18.45	Available for Private Hire

### Sunday

09.00-10.00	Public Swimming
10.00-12.00	Family Swimming
12.00-13.30	Public Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public Swimming

Please note: This programme may be subject to change. Please ask at reception for more details.

For further information and prices please contact reception.



# Mill Chase Leisure Centre Holiday Timetable

(Running week commencing 26/07/10 to 27/08/10 there will be a separate timetable issued)

## Main Pool

### Monday

07.00-11.15	Public/Lane Swimming
11.15-12.00	50+ Aqua Aerobics
12.00-14.00	Public/Lane Swimming
14.00-16.00	Fun & Floats
16.00-19.00	Swimming Lessons
19.00-19.45	Aqua Natal
19.00-21.00	Public Swimming (19.00-19.45 ½ pool only)

### Tuesday

07.00-14.00	Public/Lane Swimming
14.00-16.00	Fun & Floats
16.00-18.00	Swimming Lessons
18.00-19.15	Public/Lane Swimming
19.15-20.10	Aqua Aerobics
20.10-21.00	Public Swimming

### Wednesday

07.00-10.00	Public Swimming
10.00-10.55	Aqua Aerobics
10.55-14.00	Public/Lane Swimming
14.00-16.00	Fun & Floats
16.00-18.00	Swimming Lessons
18.00-21.00	Public Swimming

### Thursday

07.00-09.35	Public/Lane Swimming
09.35-10.30	Aqua Aerobics
10.30-14.00	Public/Lane Swimming
14.00-16.00	Staff Training
16.00-18.00	Public Swimming
18.00-20.00	Alton Swimming Club
20.00-21.00	Adult Swimming Lessons*

### Friday

07.00-14.00	Public/Lane Swimming
14.00-15.00	Fun & Floats
15.00-21.00	Public/Lane Swimming

### Saturday

08.30-11.30	Swimming Lessons
11.30-13.30	Public Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public Swimming
16.00-18.45	Private/Party Hire

### Sunday

09.00-10.00	Public Swimming
10.00-12.00	Family Fun Session
12.00-13.30	Public/Lane Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public Swimming
16.00-18.30	Swim Club



## Learner Pool

### Monday

07.00-09.30	Public Swimming
09.30-12.00	Swimming Lessons*
12.00-14.00	Public Swimming
14.00-15.30	Fun & Floats
15.30-19.00	Swimming Lessons
19.00-21.00	Public Swimming

### Tuesday

07.00-09.30	Public Swimming
09.30-12.00	Swimming Lessons*
12.00-14.00	Public Swimming
14.00-16.00	Fun & Floats
16.00-18.00	Swimming Lessons
18.00-21.00	Public Swimming

### Wednesday

07.00-09.30	Public Swimming
09.30-12.00	Swimming Lessons*
12.00-14.00	Public Swimming
14.00-16.00	Fun & Floats
16.00-18.00	Swimming Lessons
18.00-21.00	Public Swimming

### Thursday

07.00-09.30	Public Swimming
09.30-12.10	Swimming Lessons*
12.10-14.00	Public Swimming
14.00-16.00	Staff Training
16.00-21.00	Public Swimming

### Friday

07.00-10.30	Public Swimming
10.30-12.30	Swimming Lessons*
12.30-14.00	Public Swimming
14.00-15.00	Fun & Floats
15.00-21.00	Public Swimming

### Saturday

08.30-11.30	Swimming Lessons
11.30-13.30	Public Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public Swimming
16.00-18.45	Private/Party Hire

### Sunday

09.00-10.00	Public Swimming
10.00-12.00	Family Swimming
12.00-13.30	Public Swimming
13.30-15.00	Inflatable & Fun
15.00-16.00	Public Swimming

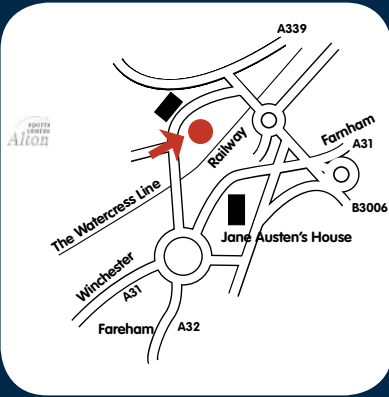
Please note: This programme may be subject to change. Please ask at reception for more details.

\*Pre school, parent & child & adult swimming lessons will not run during the Christmas holidays.

When swimming lessons are not on the Public/Lane Swimming sessions will be running instead.



# How to find us



## Alton Sports Centre

Chawton Park Road, Hampshire GU34 1ST

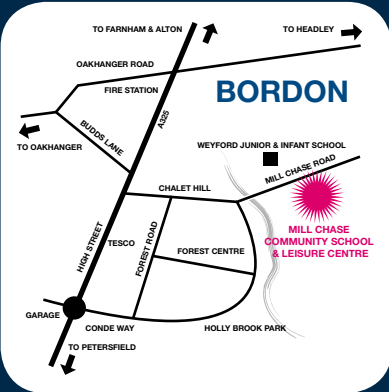
Tel: 01420 540040

Fax: 01420 83950

[www.altonsportscentre.co.uk](http://www.altonsportscentre.co.uk)

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

Catch the stagecoach bus from Alton town centre.  
Number 23 or 24.



## Mill Chase Leisure Centre

Mill Chase Rd, Bordon GU35 OER

Tel: 01420 472549

Fax: 01420 476964

[www.millchaseleisurecentre.co.uk](http://www.millchaseleisurecentre.co.uk)

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

Catch the stagecoach bus. Number 221.



## Taroleisure Centre

Penns Place, Petersfield GU31 4EX

Tel: 01730 263996

Fax: 01730 234690

[www.taroleisurecentre.co.uk](http://www.taroleisurecentre.co.uk)

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

Catch the stagecoach bus.  
Number 94 or 94A.

