



Swimming Timetable

Winter/Spring 2012

Fleming Park Leisure Centre
02380 684800

Pool Programme

Main Pool

Monday

7.00am – 9.55am	Adult Lane Swimming
10.00am – 12.25pm	All Welcome
12.30pm – 1.25pm	Lane Swimming
1.30pm – 3.55pm	All Welcome
4.00pm – 5.55pm	Lane Swimming
6.00pm – 6.55pm	Adult Lane Swimming

Tuesday

7.00am – 9.55am	Adult Lane Swimming
10.00am – 12.25pm	All Welcome
12.30pm – 1.25pm	Lane Swimming
1.30pm – 5.25pm	All Welcome
5.30pm – 6.55pm	Lane Swimming
7.00pm – 7.55pm	All Welcome

Wednesday

7.00am – 9.55am	Adult Lane Swimming
10.00am – 12.25pm	All Welcome
12.30pm – 1.25pm	Lane Swimming
1.30pm – 3.55pm	All Welcome
4.00pm – 6.30pm	Lane Swimming
6.35pm – 7.55pm	All Welcome
8.00pm – 10.30pm	Adult Lane Swimming

Thursday

7.00am – 9.55am	Adult Lane Swimming
10.00am – 12.25pm	All Welcome
12.30pm – 1.25pm	Lane Swimming
1.30pm – 5.25pm	All Welcome
5.30pm – 6.45pm	Adult Lane Swimming
6.50pm – 8.25pm	All Welcome
8.30pm – 10.30pm	Adult Lane Swimming

Friday

7.00am – 9.55am	Adult Lane Swimming
10.00am – 12.25pm	All Welcome
12.30pm – 1.25pm	Lane Swimming
1.30pm – 6.55pm	All Welcome

Saturday

7.30am – 10.30am	Lane Swimming
10.35am – 12.25pm	All Welcome
12.30pm – 1.25pm	Lane Swimming
1.30pm – 2.55pm	Fun Session
3.00pm – 5.55pm	All Welcome

Sunday

7.30am – 9.25am	Lane Swimming
9.30am – 10.55am	Family Swim
11.00am – 12.25pm	Family Fun Session
12.30pm – 1.25pm	Lane Swimming
1.30pm – 6.55pm	All Welcome

Adult Swimming Lessons

Thursday's 7.45pm - 10.00pm
Beginners - Advanced.
Swim Fit (An adult stamina session to improve fitness)
Thursday 9.15pm - 10.00pm

For more information or to book onto Adult Lessons or Swim Fit contact the Course Office on 02380 684809

Please Note:

- Fun Session sessions are not part of the Swimming Academy free swimming scheme.
- Swimming times may vary during School holidays, please refer to the holiday timetables for details.
- Children under 8 years of age **MUST** be accompanied in the water and in the changing rooms by a parent / adult (18 years+). A maximum of 3 children under 8 is permitted per parent/adult. This is the recommendation of the Health & Safety Executive.
- Pushchairs, buggies, car seats etc are not allowed on poolside.
- Last entry is half an hour before the end of the session. There is a 5 minute change over between each session.
- No refunds/exchanges available on unused weekly/monthly/annual swim tickets.
- Sessions subject to change.
- Half the pool may be used for an alternative activity.

Teaching Pool

Monday

9.00am - 9.45am Adult drop in Lessons
9.45am - 10.30am Adult drop in Lessons
12.30pm - 1.25pm All Welcome
2.30pm - 3.55pm All Welcome

Tuesday

11.30am - 1.30pm All Welcome
2.30pm - 3.55pm All Welcome

Wednesday

11.30am - 1.30pm All Welcome
2.30pm - 3.55pm All Welcome
6.30pm - 8.00pm All Welcome

Thursday

9.00am - 10.25am All Welcome
2.30pm - 3.55pm All Welcome
6.00pm - 7.00pm All Welcome

Friday

9.00am - 9.55am All Welcome
2.30pm - 3.55pm All Welcome

Saturday

10.30am - 1.25pm All Welcome
1.30pm - 2.55pm Fun Session
3.00pm - 5.00pm All Welcome
5.00pm - 8.00pm Pool available for hire

Sunday

8.00am - 10.55am Family Swim
11.00am - 12.25pm Family Fun Session
12.30pm - 4.00pm All Welcome

Session Descriptions

Adult Lane Swimming – For people aged 16 and over to swim in this laned session.

Lane Swimming – A session for lane swimmers of all ages.

All Welcome – An open session for all ages and abilities.

Fun Session – This session is not included within the Swimming Academy free swimming scheme.

Family Fun Session – This session is for families and groups only, i.e. all adults must have a child with them to attend and vice versa.

Family Swim – This session is for families and groups only, i.e. all adults must have a child with them to attend and vice versa.

Please note that any swimmers who do not swim as stipulated in the session title will be asked to leave without a refund.

Please be aware that during public holidays the centre and pool opening times will change, please contact reception for details.

School Holidays

During the school holidays the following will apply

Teaching Pool

The Teaching Pool will not open to the public until 10.05am on weekdays. From 10.05am - 3.55pm will be All Welcome, except on Tuesdays and Thursdays from 11.15am - 12.25pm will be Fun Session. The normal programme will come into effect after 3.55pm weekdays. The weekend will remain the same.

Main Pool

The main programme will remain the same with the exception of:
Tuesdays & Thursdays 10.00am - 12.25pm All Welcome session will change to 10.00am - 11.10am All Welcome
11.15am - 12.25pm Fun Session

Swimming is an important life skill.

Make sure your children are prepared in life...
with our Pre School Swimming Lessons

Parent and Baby (4months – 18months)

A gentle introduction to the swimming pool environment for the baby. Learn how to enter and exit the pool safely and how to hold the baby in the water. The sessions include introduction to floating and water confidence using nursery rhymes and songs

Parent and Toddler (18months – 3years)

This class increases water confidence and introduces basics skills needed to learn to swim. These skills include movement and water confidence, floating and gliding, leg actions and the use of buoyancy aids

Pre School Beginners (3-4years)

Children will become more consistent with water confidence and moving around in the water. Sessions will include floating, gliding, introduce leg and arm actions on front and back, children will be encouraged to travel unaided on front and back.

**For further information or to enrol your child,
please contact reception.**

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