

# Swimming Timetable

2010/2011



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DC LEISURE

Fitness Industry Association  
Operator of the Year 2008 & 2009



Waverley  
BOROUGH COUNCIL  
leisure

Managed by DC Leisure with the support of Waverley Borough Council

# School Term Swimming Timetable

## MAIN POOL

### Monday

8.30 - 10.00	General Swim
10.00 - 11.00	Aqua Aerobics / General Swim*
11.00 - 20.00	General Swim
20.00 - 22.00	Adult Swim

### Tuesday

6.30 - 9.00	Early Morning Swim
9.00 - 18.00	General Swim

### Wednesday

6.30 - 9.00	Early Morning Swim
9.00 - 14.00	General Swim
14.00 - 15.00	Closed staff training
15.00 - 20.00	General Swim
20.00 - 21.00	Aqua Aerobics /General swim*

### Thursday

6.30 - 9.00	Early Morning Swim
9.00 - 12.30	General Swim
12.30 - 13.30	Aqua aerobics / General Swim*
13.30 - 20.00	General Swim
20.00 - 22.00	Adult Swim

### Friday

8.30 - 20.00	General Swim
20.00 - 21.00	Adult Swim

### Saturday

10.00 - 11.00	General Swim
11.00 - 12.30	Fun and Floats
12.30 - 15.00	General Swimming
15.00 - 16.30	Fun and Floats
16.30 - 18.00	General Swim

### Sunday

9.00 - 11.00	General Swimming
11.00 - 12.30	Fun and Floats
12.30 - 15.00	General Swimming
15.00 - 16.30	Fun and Floats
16.30 - 17.00	General Swimming

\*Widths Only

## TEACHING POOL

### Monday

12.30 - 13.30	General Swim
18.15 - 20.00	General Swim

### Tuesday

10.30 - 12.00	Fun and Floats
12.00 - 15.15	General Swim
18.15 - 20.00	General Swim

### Wednesday

10.00 - 12.00	General Swim
12.00 - 13.30	Fun and Floats
17.45 - 20.00	General Swim

### Thursday

11.00 - 14.00	General Swim
14.00 - 15.15	Fun and Floats
17.45 - 20.00	General Swim

### Friday

11.00 - 13.30	General swim
17.45 - 20.00	General Swim

### Saturday

11.00 - 12.30	Fun and Floats
12.30 - 15.00	General Swim
15.00 - 16.30	Fun and Floats
16.30 - 18.00	General Swim

### Sunday

09.00 - 11.00	General Swim
11.00 - 12.30	Fun and Floats
12.30 - 15.00	General Swim
15.00 - 16.30	Fun and Floats
16.30 - 17.00	General Swim



# School Holiday Swimming Timetable

## MAIN POOL

### Monday

08.30 – 10.15	General Swim
10.15 – 12.00	Fun and Floats
12.00 – 14.00	General Swim
14.00 – 15.45	Fun and Floats
15.45 – 20.00	General Swim
20.00 – 22.00	Adult Swim

### Tuesday

6.30 – 9.00	Early Morning Swim
9.00 – 10.15	General Swim
10.15 – 12.00	Fun and Floats
12.00 – 14.00	General Swim
14.00 – 15.45	Fun and Floats
15.45 – 18.00	General Swim

### Wednesday

6.30 – 9.00	Early morning swim
9.00 – 10.15	General Swim
10.15 – 12.00	Fun and Floats
12.00 – 14.00	General Swim
14.00 – 15.45	Fun and Floats
15.45 – 20.00	General Swim
20.00 – 21.00	Aqua Aerobics / General Swim*

### Thursday

6.30 – 9.00	Early morning Swim
9.00 – 10.15	General Swim
10.15 – 12.00	Fun and Floats
12.00 – 14.00	General Swim
14.00 – 15.45	Fun and Floats
15.45 – 20.00	General Swim
20.00 – 22.00	Adult Swim

### Friday

8.30 – 10.15	General Swim
10.15 – 12.00	Fun and Floats
12.00 – 14.00	General Swim
14.00 – 15.45	Fun and Floats
15.45 – 19.00	General Swim
19.00 – 21.00	Adult Swim

### Saturday

As per term time

### Sunday

As per term time

## TEACHING POOL

### Monday

12.00 – 14.00	General Swim
14.00 – 15.15	Fun and Floats
18.15 – 20.00	General Swim

### Tuesday

10.15 – 12.00	Fun and Floats
12.00 – 14.00	General Swim
14.00 – 15.15	Fun and Floats
18.15 – 20.00	General Swim

### Wednesday

10.15 – 12.00	Fun and Floats
12.00 – 13.30	General Swim
17.45 – 20.00	General Swim

### Thursday

10.15 – 12.00	Fun and Floats
12.00 – 14.00	General Swim
14.00 – 15.15	Fun and Floats
17.45 – 20.00	General swim

### Friday

11.00 – 12.00	Fun and Floats
12.00 – 13.30	General Swim
17.45 – 20.00	General Swim

### Saturday

As per term time

### Sunday

As per term time



## 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 723208 for more information.



## Adult Lessons

Our adult lesson programme is for all ages and abilities.

Are you a total beginner who need 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 723208.

## Pool Rules

- Children under 8 years old must be supervised by a parent or adult (18 years or over) both in pool and changing areas. Maximum of 3 children to 1 adult.
- Shower before entering the pool
- Wear blue overshoes or remove footwear in the Pool Changing Area
- Babies and pre school children not toilet trained must wear aqua nappies in the swimming pool
- Please change children for swimming in the Pool Changing Area.

## Sessions Available

### 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.

### Fun and Floats

Fun floats and rafts available in the pools.

### Early Morning Swim

Lane swimming for the early risers

### Farnham Swimming Club

Please contact reception for more information.

### Triathlon Club

Please contact reception for more information.