



# SWIMMING PROGRAMME

## 4<sup>th</sup> January 2010 – 4<sup>th</sup> April 2009

(excluding 15<sup>th</sup> February - 19th February)



DAY	MAIN POOL MORNING	MAIN POOL LUNCH	MAIN POOL AFTERNOON/EVENING	LEARNER POOL
Mon	Members early morning swim 6.00 - 8.30 Adult leisure Swim 8.30 - 9.15 All Welcome 9.15 - 10.00 Water Workout Class 10.00 - 10.45 All Welcome 10.45 - 12.00 Senior Swim 11.15 - 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming <b>Adults Only</b> )	Schools 2.00 – 3.00 (2 lanes) All Welcome 2.00 – 4.00 Arena Swim Club 4.00 – 6.45 All Welcome 6.45 – 8.30 Rushmoor Royals 7.30 – 9.30 Adult Lane Session 9.30 – 11.00	All Welcome 8.00 – 8.45 Arena Swim Club 8.45 – 12.15 All Welcome 12.15 – 1.00 Arena Swim Club 1.00 – 3.00 All Welcome 3.00 – 4.00 Arena Swim Club 4.00 – 6.45 All Welcome 6.45 – 8.00
Tues	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.15 All Welcome 9.15 – 9.45 Aqua Post/Ante Natal 9.45 - 10.30 Hydrofit 9.45 - 10.30 Arena Swim Club 10.30 – 12.00 All Welcome 11.15 – 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming <b>Adults Only</b> )	School 2.00 – 2.45 All Welcome 2.45 – 7.45 Private Lessons 4.00 – 6.00 Water Workout Classes 7.45– 8.30 Arena Swim Club 8.30 – 10.00 Adults only 9.30 – 10.00 (2 lanes only) Adults only 10.00 – 11.00	All Welcome 8.00 – 9.15 Arena Swim Club 9.15 – 12.15 All Welcome 12.15 – 1.00 Arena Swim Club 1.00 – 2.00 All Welcome 2.00 – 8.00
Weds	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.15 All Welcome 9.15 - 10.45 School 9.30 – 10.30 Water Workout Class 10.45 - 11.30 Hydrofit 10.45 - 11.30 All Welcome 11.30 - 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming <b>Adults Only</b> )	School 2.00 – 2.45 Senior Swim 2.00 – 2.45 All Welcome 2.45 – 7.00 School 4.30 – 7.00 Hart Swim Club 7.00 – 8.30 Adults only 8.30 – 11.00	All Welcome 8.00 – 11.15 Bobbing Babies 11.15 – 12.15 Arena Swim Club 12.30 – 2.00 School 2.00 – 2.45 All Welcome 2.45 – 4.00 Arena Swim Club 4.00 – 5.20 All Welcome 5.20 – 8.00
Thur	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.15 All Welcome 9.15 – 11.00 Schools 9.30 – 11.30 Senior Swim 11.00 - 12.00 50+ Water W/kout Class 11.30 - 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming <b>Adults Only</b> )	Schools 2.00 – 2.45 All Welcome 2.45 – 4.00 Arena Swim Club 4.00 – 6.45 Adults Only 6.45 – 7.45 Water Workout Class 7.00 – 8.30 Arena Swim Club 8.30 – 10.00 Adults Only 10.00 – 11.00	All Welcome 8.00 – 10.45 Arena Swim Club 10.45 – 2.30 All Welcome 2.30 – 4.00 Arena Swim Club 4.00 – 6.45 All Welcome 6.45 – 8.00
Fri	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.15 Schools 9.00 – 12.00 All Welcome 9.15 – 10.30 All Welcome 11.30 – 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming <b>Adults Only</b> )	Schools 2.00 – 3.00 All Welcome 3.00 – 6.45 School 4.15 – 6.45 Water Workout Class 6.45 – 7.30 All Welcome 7.30 – 9.30 Sandhurst & Yateley 8.30 – 9.30 Adult Lane Session 9.30 – 10.30	All Welcome 8.00 – 9.00 School 9.00 – 10.30 All Welcome 10.30 – 12.30 Arena Swim Club 12.30 – 3.30 All Welcome 3.30 – 8.00
Sat	Family Members Swim 6.30 - 8.00 Arena Swim Club 8.00 – 10.45 All Welcome 10.45 – 12.30 Private Lessons 10.45 – 12.30	Disabled Swim 12.30 – 2.15	All Welcome 2.15 - 2.30 Fun Session 2.30 – 4.30 All Welcome 4.30 – 6.15 (General Swim 6.15 – 7.30 – check at reception for availability) Available for Hire 7.30 – 10.30	Arena Swim Club 8.00 – 10.45 All Welcome 10.45 – 12.30 Disabled Swim 12.30 – 2.15 All Welcome 3.15 – 7.30 Available for hire 7.30 – 10.30
Sun	Family Members Swim 6.30 - 8.00 Arena Swim Club 8.00 – 10.45 All Welcome 10.45 – 12.30 Private Lessons 10.45 – 12.30	Lane Session 12.30 – 1.30 (Rotational Swimming includes a General Swim Lane)	All Welcome 1.30 – 2.30 Fun Sessions 2.30 – 4.30 All Welcome 4.30 – 8.00 BracknellSwim club 8.00 – 9.30 Staff Training 7.00 – 8.00# Adult lane session 8.30 – 10.30	Arena Swim Club 8.40 – 10.45 All Welcome 10.45 – 7.30

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- Exclusive access to early morning sessions

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**Please ask at reception for further information or telephone 01276 417111**

\*Terms & conditions apply  
\*\*During general swim times