



Swimming Timetable

Farnborough Leisure Centre

Tel: 01252 370411

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MAIN POOL

MONDAY

06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
09.30 – 10.15	Water Workout Session
12.05 – 14.00	Adult Lane Swimming
14.05 – 17.30*	General Swimming
17.35 – 19.00	Adult Lane Swimming
19.05 – 21.00	General Swimming
19.15 – 20.00	Water Workout Session
21.05 – 22.00	Adult Lane Swimming

TUESDAY

06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
12.05 – 14.00	Adult Lane Swimming
14.05 – 18.00*	General Swimming

WEDNESDAY

06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
12.05 – 14.00	Adult Lane Swimming
14.05 – 15.00*	Senior Swimming
15.05 – 17.30	General Swimming
17.35 – 19.00	Adult Lane Swimming
19.05 – 21.00	General Swimming
20.15 – 21.00	Water Workout Session
21.05 – 22.00	Adult Lane Swimming

THURSDAY

06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
10.00 – 10.45	Water Workout Session
12.05 – 14.00	Adult Lane Swimming
14.05 – 18.00	General Swimming

FRIDAY

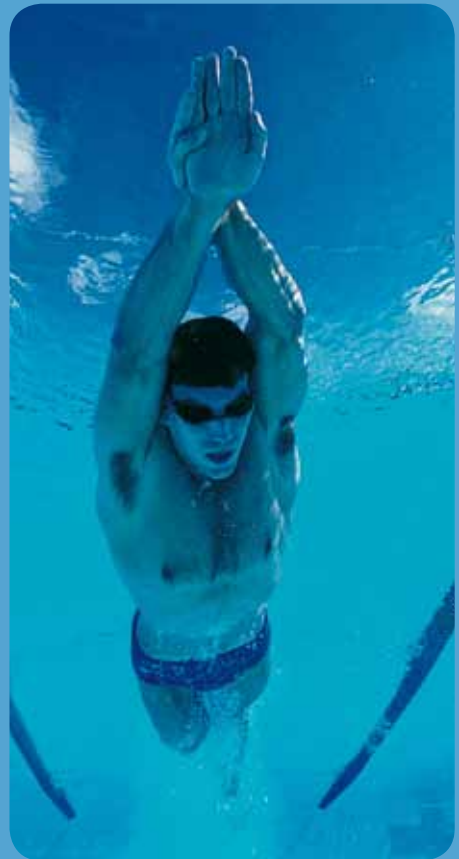
06.00 – 08.00	Adult Lane Swimming
08.05 – 12.00*	General Swimming
12.05 – 14.00	Adult Lane Swimming
14.05 – 15.00*	Senior Swimming
15.05 – 17.30	General Swimming
17.35 – 19.00	Adult Lane Swimming
19.05 – 21.00	General Swimming
19.00 – 19.45	Water Workout Session
21.05 – 22.00	Adult Lane Swimming

SATURDAY

08.00 – 09.30	Adult Swimming
09.35 – 13.00	General Swimming
13.05 – 14.00	Family Swimming
14.05 – 15.00	Splash Time
15.05 – 16.00	Splash Time
16.05 – 18.00	General Swimming*

SUNDAY

08.00 – 09.30	Adult Swimming
09.35 – 12.00	General Swimming
14.05 – 15.00	Splash Time
15.05 – 16.00	Splash Time
16.05 – 17.00	General Swimming*
17.05 – 18.00	Family Swimming



LEARNER POOL

MONDAY

09.00 – 10.00
12.00 – 16.00
18.00 – 20.00

General Swimming
General Swimming
General Swimming

TUESDAY

09.00 – 10.00
11.30 – 13.00
14.30 – 16.00

General Swimming
Parent & U5 Swimming
General Swimming

WEDNESDAY

09.00 – 10.00
12.00 – 13.00
14.30 – 16.00
18.30 – 20.00

General Swimming
General Swimming
General Swimming
General Swimming

THURSDAY

11.30 – 12.30
14.30 – 16.00

Parent & U5 Swimming
General Swimming

FRIDAY

09.00 – 10.00
12.00 – 13.00
14.30 – 16.00
18.00 – 20.00

General Swimming
General Swimming
General Swimming
General Swimming

SATURDAY

13.00 – 14.00
14.05 – 15.00
15.05 – 16.00
16.05 – 17.00

Family Swimming
Splash Time
Splash Time
General Swimming*

SUNDAY

08.00 – 09.30
09.30 – 12.00
14.05 – 15.00
15.05 – 16.00
16.05 – 17.00

Parent & U5 Swimming
General Swimming
Splash Time
Splash Time
General Swimming**

During school holidays there may be extra General Swimming times.
For more information call Reception on 01252 370411.

Information

- Children under 8 must be supervised in the water and changing rooms by a Parent or Adult (18+).
- A maximum of 3 children under 8 are permitted per parent / adult.
- Under 8s and weak or non-swimmers will not be allowed on the inflatable for safety reasons.
- The use of electrical equipment, mobile phones and cameras are strictly prohibited on poolside.
- At times the pool will have lanes in use for swimming lessons, club swimming and staff training.
- The pool programme runs throughout the year including holidays.
- The management reserve the right during busy periods to restrict swimming to timed sessions.

Don't forget...

1. Your Costume
2. Your towel
3. £1 for your locker (refundable)
4. Your wristband from Reception
5. To go to the toilet before swimming
6. Have a shower before swimming



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 370411 for more information.



Adult Lessons

Our adult lesson programme is for all ages and abilities.

Are you a total beginner who needs to learn water confidence and basic strokes? Or are you a swimmer who would like to improve stroke technique? We have lessons to help you.

Contact our Main Reception for further details on 01252 370411.

What session is right for me?

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. Fast, medium, slow lanes available for all abilities.

Senior Swim Sessions

Session aimed at swimmers 60 years and over.

Splashtimes

Fun floats and / or inflatable available in the pools.

Parent & U5

For adults with younger children who want to swim during a quieter time.

Water Workout

An aerobics class in one of our shallow ends. See the workout timetable for more information.

Family Swimming

A quieter time for the family to swim together.

