



Summer Holiday Pool Programme

26th July – 31st August

Trowbridge Sports Centre
Frome Road, Trowbridge, BA14 0DN
Tel : 01225764342

Summer Holidays Pool Programme 2010

Mondays

7.00am - 8.45am	Public Swim / Lane Swim
9.00am - 10.30am	Internal Courses
10.30am - 11.30pm	Family Fun Zone / Aqua Scooters (No Session on Aug 2nd & 9th)
12.30pm - 1.30pm	Public Swim / Lane Swim (No Session on Aug 2nd & 9th)
1.35pm - 2.30pm	Fun Swim
2.30pm - 3.25pm	Fun Swim (Half Pool July 26th)
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Aqua Fit / Diving Lessons
7.00pm - 8.00pm	Public Swim & Adult Lane Swim/ Development Swimming Lessons
8.00pm - 9.00pm	Adult Swim / Adult Swim Technique Lessons
9.00pm - 10.00pm	Staff Training

Tuesdays

7.00am - 8.45am	Public Swim / Lane Swim
9.00am - 10.30am	Internal Courses
10.30am - 11.30am	Fun Zone
12.30pm - 1.30pm	Adult Swim / Adult Lane Swim
1.35pm - 2.30pm	Fun Swim
2.30pm - 3.30pm	Fun Swim (Half Pool July 27th)
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Adult Lane Swimming
7.00pm - 9.00pm	Trowbridge Swimming Club
9.00pm - 10.00pm	Public Swimming

Wednesday

7.00am - 8.45am	Public Swim / Lane Swim
9.00am - 10.30am	Internal Courses
10.30am - 11.30am	Family Fun Zone / Aqua Scooters (No Session on Aug 4th & 11th)
12.30pm - 1.30pm	Public Swim / Lane Swim (No Session on Aug 4 & 11th)
1.30pm - 2.30pm	Fun Swim
2.30pm - 3.30pm	Fun Swim (Half Pool July 28th)
3.30pm - 6.00pm	Swimming Lessons / Diving Lessons
6.00pm - 7.00pm	Aqua Fit / Diving Lessons
7.00pm - 8.30pm	Force Five
8.35pm - 10.00pm	Public Swim / Adult Lane Swim

Thursday

9.00am - 10.30am	Internal Courses
10.30am - 11.30am	Ladies Only
12.30pm - 1.30pm	Public Swim / Lane Swim
1.35pm - 2.30pm	Fun Swim (Half Pool July 29th)
2.30pm - 3.25pm	Mature Bathers / Mature Bather Lessons
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Adult Lane Swimming / Swimming Lessons

8.30pm - 10.00pm Public Swim / Adult Lane Swim

Friday

7.00am - 8.45am	Public Swim / Lane Swim
9.00am - 10.30am	Internal Courses
10.30am - 11.30pm	Family Fun Zone (No Session on Aug 6th)
12.30pm - 1.30pm	Public Swim / Lane Swim (No Session on Aug 6th)
1.30pm - 2.30pm	Fun Swim
2.30pm - 3.30pm	Fun Swim (No Session July 30th)
3.30pm - 6.00pm	Swimming Lessons
6.05pm - 7.00pm	Public Swim
7.00pm - 10.00pm	Trowbridge Swimming Club

Saturday

8.30am - 11.00am	Swimming Lessons
11.00am - 12.00pm	Family Fun Zone
12.00pm - 1.00pm	Adult Swim / Lane Swim (2 Lanes Closed on Aug 14th)
1.00pm - 2.00pm	Public Swim
2.00pm - 3.00pm	Fun Swim (Public Swim on Aug 14th)
3.00pm - 4.00pm	Adult Lane Swimming (2 Lanes Closed on Aug 14th)
4.00pm - 6.00pm	Pool Available For Hire

Sunday

8.30am - 10.00am	Public Swim / Adult Lane Swimming (2 Lanes Closed on Aug 22nd)
10.00am - 11.00am	Parent & Child Session / Fun Zone (Half Pool Only Aug 22nd)
11.00am - 12.00pm	Parent & Child Session / Fun Zone (Half Pool Only Aug 22nd)
12.00pm - 1.00pm	Pool Available For Hire
1.00pm - 2.00pm	Fun Swim (Half Pool Only Aug 22nd)
2.00pm - 3.00pm	Adult Swim / Adult Lane Swim (2 Lanes Closed on Aug 22nd)
3.00pm - 4.00pm	Public Swim (2 Lanes Closed on Aug 22nd)
4.00pm - 6.30pm	Adult Swim / Adult Lessons

Changes to the pool programme
August 5th & 12th 10.30am - 11.30pm Public Diving /
Family Fun Zone Cancelled.



Week 1 – July 27th to July 30th		Dates	Times	Price Members	Price Non Members
National Pool Lifeguard Qualification	Mon 26th to Fri 30th	9.00am – 5.00pm		£210	£210
Aqua Bounce	Mon 26th to Thurs 29th	10.30am – 12.30pm		£20.00	£24.00
Gymnastics	Mon 26th to Wed 28th	1.30pm – 3.30pm		£15.00	£22.00
Arts and Crafts for under 8's	Tues 27th	1.30pm – 3.30pm		£3.00	£4.50
Arts and Crafts for under 8's	Thurs 29th	1.30pm – 3.30pm		£3.00	£4.50
Aqua Fit	Fri 30th	11.30am - 12.30pm		£3.00	£3.50

Week 2 – August 2nd to August 6th		Dates	Times	Price	Price Members	Non Members
Diving Course	Mon 2nd to Thurs 5th	11.30am to 12.30pm		£20.00	£24.00	
Arts and Crafts for under 8's	Tues 3rd	1.30pm – 3.30pm		£3.00	£4.50	
Arts and Crafts for under 8's	Thurs 5th	1.30pm – 3.30pm		£3.00	£4.50	
Trampoline Workshop	Mon 2nd to Thurs 5th	9.30am - 11.30am		£30.00	£38.00	
Dance Workshop	Mon 2nd to Thurs 5th	1.30pm – 3.30pm		£20.00	£25.00	
Tennis	Mon 2nd to Fri 6th	10.00am – 12.00pm		£25.00	£30.00	
Aqua Fit	Fri 6th	11.30am - 12.30pm		£3.00	£3.50	

Week 3 – August 9th to August 13th		Dates	Times	Price Members	Price Non Members
Intensive Swimming Lessons	Mon 9th to Fri 13th	9.00am – 12.30am		£15.00	£20.00
Arts and Crafts for under 8's	Tues 10th	1.30pm – 3.30pm		£3.00	£4.50
Arts and Crafts for under 8's	Thurs 12th	1.30pm – 3.30pm		£3.00	£4.50
Aqua Fit	Fri 13th	11.30am - 12.30pm		£3.00	£3.50

Week 4 –August 16th to August 20th		Dates	Times	Price Members	Price Non Members
Aqua Bounce	Mon 16th to Thurs 19th	9.30am – 11.30pm		£20.00	£24.00
Rookie Lifeguard Course	Mon 16th to Thurs 19th	9.30.am – 10.30am		£17.50	£22.50
Distance Badges	Fri 6th	9.00am – 10.30am		£1.00	£1.50
Diving Course	Mon 16th to Thurs 19th	11.30am - 12.30pm		£20.00	£24.00
Arts and Crafts for under 8's	Tues 17th	1.30pm – 3.30pm		£3.00	£4.50
Arts and Crafts for under 8's	Thurs 19th	1.30pm – 3.30pm		£3.00	£4.50
Trampoline Workshop	Mon 16th to Thurs	19th 9.30am - 11.30am		£30.00	£38.00
Dance Workshop	Mon 16th to Thurs	19th 1.30pm – 3.30pm		£20.00	£25.00
Tennis	Mon 16th to Fri 20th	10.00am – 12.00pm		£25.00	£30.00
Aqua Fit	Fri 20th	11.30am - 12.30pm		£3.00	£3.50

Week 5 –August 23rd to August 27th		Dates	Times	Price Members	Price Non Members
Flip and Fun	Mon 23rd to Thurs	26th 9.00am – 9.45am		£15.00	£20.00
Water Polo	Mon 23rd to Thurs	26th 9.00am – 9.45am		£15.00	£20.00
Synchronised Swimming	Mon 23rd to Thurs	26th 9.45am – 10.30am		£15.00	£20.00
Rookie Lifeguard	Mon 23rd to Thurs	26th 9.45am – 10.30am		£15.00	£20.00
Distance Badges	Fri 27th	9.00am – 10.30am		£1.00	£1.50
Intensive Swimming Lessons	Mon 23rd to Thurs	26th 11.30am – 12.30pm		£15.00	£20.00
Arts and Crafts for under 8's	Tues 24th	1.30pm – 3.30pm		£3.00	£4.50
Arts and Crafts for under 8's	Thurs 26th	1.30pm – 3.30pm		£3.00	£4.50
Aqua Fit	Fri 27th	11.30am - 12.30pm		£3.00	£3.50



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Colin Kay MA Headteacher

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