

# Merlin Pool

## Monday

3.05pm - 3.55pm Over 50's Swim  
5.40pm - 7.00pm Family Fun Swim  
8.30pm - 9.30pm Adults Only Swim  
*Aqua Flume Open 5.45pm - 7.00pm*

## Tuesday

10.00am - 11.00am Aqua Aerobics  
3.00pm - 4.00pm Over 50's Swim  
6.00pm - 7.00pm Family Fun Swim  
8.15pm - 9.00pm Aqua Aerobics  
*Aqua Flume Open 6.00pm - 6.30pm*

## Wednesday

9.10am - 9.55am Aqua Gentle  
6.30pm - 7.20pm Family Fun Swim  
7.25pm - 8.10pm Aqua Aerobics  
8.15pm - 9.00pm Aqua Deep  
*Aqua Flume Open 6.30pm - 7.20pm*

Times are subject to change. Please check first.

The management reserve the right to refuse admission.

In busy times, 1 hourly sessions may operate.

In all public sessions in the Main Pool, two lanes are roped off for Length Swimming.

During Lengths sessions, all 5 lanes will be roped off.

^ These sessions may not operate due to private hire.

\* One lane roped off for swim lesson 7.30pm—8.30pm

### Swimming Admissions Policy

Children under 8 years old must be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.

Maximum ratio of 3 children to 1 adult. Those supervising must

accompany the children in the water.

## Thursday

6.15pm - 7.15pm Family Fun Swim  
7.25pm - 8.10pm Aqua Aerobics  
8.15pm - 9.00pm Aqua Deep  
*Aqua Flume Open 6.15pm - 7.15pm*

## Friday

11.00am - 12.00pm Aqua Aerobics  
3.05pm - 3.55pm Over 50s Swim  
7.15pm - 9.00pm Public Diving

## Saturday

12.15pm - 1.15pm Public Diving  
1.30pm - 4.45pm Family Fun Swim^^  
*Aqua Flume Open 12.15pm - 1.15pm & 1.30pm - 4.45pm^^*

## Sunday

8.40am - 12.00pm Family Fun Swim  
12.15pm - 1.15pm Public Diving  
1.30pm - 4.45pm Family Fun Swim^^  
*Aqua Flume Open 8.45am - 12.00pm & 12.15pm - 1.15pm & 1.30pm - 4.45pm^^*

Swim more than twice a week?

Not currently a member?

Why not take out a swimming membership, Aqua classes are also included.

Call 01376 533422 for more details.

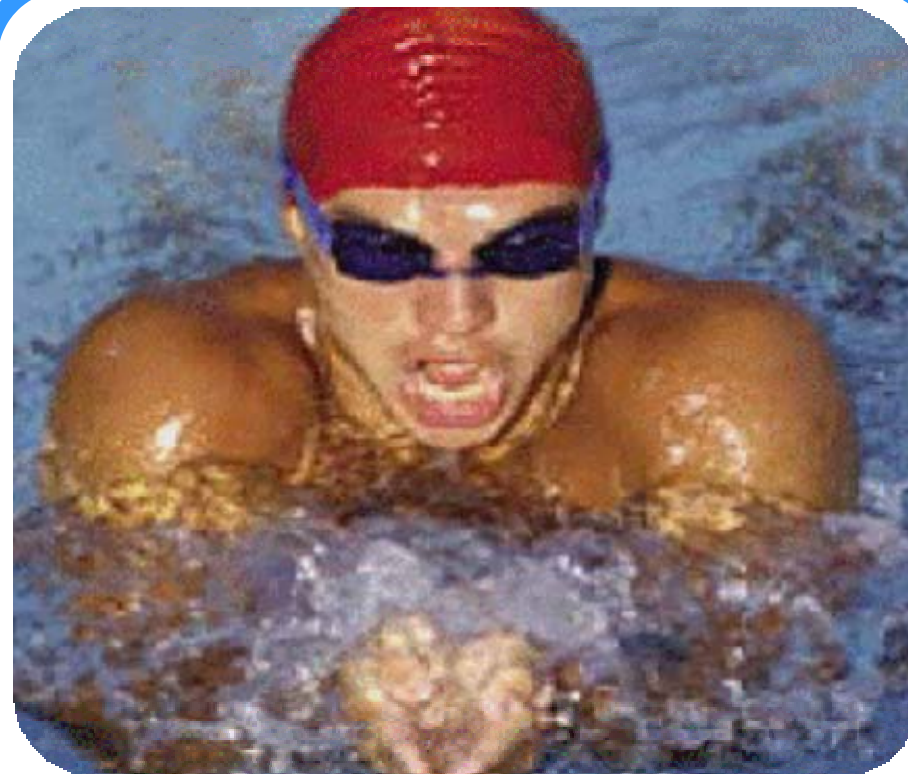


## Crèche

Open Monday - Friday

9.15am - 12noon

Book at Main Reception



# Bramston Sports Centre

## Swimming Pool Opening Times

### Autumn / Winter 2009 - Issue 3

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## Main Pool

### Monday

6.30am - 8.30am	Adult Early Risers
1.00pm - 1.30pm	Public Swimming
2.35pm - 4.20pm	Public Swimming
5.40pm - 7.00pm	Public Swimming

### Tuesday

6.30am - 8.30am	Adult Early Risers
10.05am - 12.15pm	Public Swimming
2.55pm - 4.20pm	Public Swimming
6.30pm - 7.55pm	Adult Lane Swim

### Wednesday

6.30am - 8.30am	Adult Early Risers
8.45am - 9.50am	Public Swimming
1.00pm - 1.30pm	Public Swimming
3.00pm - 3.30pm	Public Swimming
6.15pm - 8.00pm	Public Swimming
8.00pm - 9.15pm	Ladies Only Swim

### Thursday

6.30am - 8.30am	Adult Early Risers
8.45am - 9.45am	Over 50's Swim
9.45am - 12.15pm	Public Swimming
2.55pm - 4.20pm	Public Swimming
6.30pm - 8.00pm	Public Swimming
8.00pm - 9.00pm	Adults Only Swim

### Friday

6.30am - 8.30am	Adult Early Risers
10.50am - 11.55am	Public Swimming
1.00pm - 1.55pm	Public Swimming
5.35pm - 9.00pm	Public Swimming*

### Saturday

12.05pm - 2.00pm	Public Swimming
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swimming

### Sunday

8.35am - 2.00pm	Public Swim
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swim

## Teaching Pool

### Monday

9.15am - 10.15am	Public Swimming
12.15pm - 1.00pm	Public Swimming
5.40pm - 7.00pm	Public Swimming

### Tuesday

1.00pm - 3.00pm	Public Swimming
6.05pm - 7.55pm	Public Swimming

### Wednesday

12.35pm - 1.25pm	Public Swimming
2.35pm - 3.55pm	Public Swimming
6.15pm - 8.00pm	Public Swimming
8.00pm - 9.15pm	Ladies Only Swim

### Thursday

9.00am - 10.00am	Public Swimming
12.30pm - 3.00pm	Public Swimming
6.15pm - 8.00pm	Public Swimming
8.00pm - 9.00pm	Adults Only Swim

### Friday

12.15pm - 1.15pm	Public Swimming
6.00pm - 9.00pm	Public Swimming

### Saturday

12.05pm - 2.00pm	Public Swimming
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swimming

### Sunday

8.35am - 2.00pm	Public Swim
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swim

## Family Fun Swims

Fun for all the family with floats in the Merlin Pool and Aqua Flume. Various days and times.

## Fun Sessions

Come and challenge our Monster Island\* in the Main Pool and play with the floats in the Teaching Pool.

Weekends and holidays.

\*You must be able to swim 50 metres to use the Monster Island.

## Swimming Academy

Swimming Lessons for all in our Swimming Academy. Beginners through to advanced, Private, Diving and Lifesaving. Ask our Course Admin team for more details.

## National Pool Lifeguard Qualification

Want to be a Lifeguard?

Courses are run throughout all Holidays. For more information see our Holiday brochure or ask at Reception.

## Swimming Parties

Is your child's birthday coming up? Ever thought of having a swimming pool party? Let us do everything for you so you enjoy your child's special day!

Ask at Reception for more details.

