

Summer Holiday Swimming Programme

26th July to 31st August 2010

Main Pool

Monday

10.00am-12noon Ladies Recreation/Public Swim
 12noon-1.30pm Public Swim – 1 lane
 1.30pm-2.00pm Hydro Fitness
 2.15pm-3.30pm Fun Swim
 3.30pm-5.00pm Public Swim
 5.00pm-6.00pm Adults Only – 1 lane
 9.00pm-10.00pm Adults Only – Set programme available

Tuesday

7.00am-9.00am Early Birds
 9.00am-10.00am Holiday Activities
 10.00am-12.00pm Mature bathers
 12.00pm-1.30pm public swim - 1 lane
 2.00pm-3.00pm Ladies Only
 3.00pm-4.00pm Public Swim
 6.50pm-7.15pm Hydromax
 7.15pm-8.30pm Public Swim
 8.30pm-9.30pm Adults Only

Wednesday

7.00am-9.00am Early Birds – 1 lane
 9.00am-10.00am See Children's Activities section
 10.00am-1.30pm Public Swim – 1 lane
 1.30pm-2.30pm Float Fun Swim
 2.30pm-3.30pm Mature Bathers
 3.30pm-5.30pm Public Swim
 5.30pm-6.30pm Adults Only

Thursday

7.00am-9.00am Early Birds – 1 lane
 9.00am-10.00am See Children's Activities section
 10.00am-11.30am Mature Bathers
 11.30am-2.15pm Public Swim – 1 lane
 2.30pm-3.30pm Ladies Only
 6.00pm-6.30pm Hydromax
 6.30pm-8.00pm Public Swim
 8.00pm-9.00pm Adults Only

Friday

7.00am-9.00am Early Birds
 9.00am-10.00am Mature Bathers
 10.15am-11.15am Fun Swim
 11.30am-12.00pm Hydrofit
 12.00pm-2.30pm Public Swim
 2.30pm-3.30pm Ladies Only
 3.30pm-5.00pm Public Swim
 5.00pm-6.00pm Adults Only

Saturday

11.00am-12.30pm Fun Swim
 12.30pm-1.30pm Adults Only
 1.30pm-5.00pm Public Swim
 6.45pm-7.45pm Party Hire

Sunday

8.30am-12.15pm Public Swim
 12.30pm-1.30pm Party Hire
 1.45pm-4.00pm Public Swim

Small Pool

Monday

9.00am-10.00am Holiday Activities
 10.00am-11.00am Parent & toddler (Under 5's)
 11.00am-11.30am Ladies Rec Aquafit
 11.30am-12.00pm Hydrotherapy
 12.00pm-1.30pm Public Swim
 2.15pm-3.30pm Fun Swim

Tuesday

9.00am-10.00am See Children's Activities section.
 10.00am-11.15am Parent & Toddler (Under 5's)
 11.20am-12noon Mobility Class
 12noon-1.30pm Public Swim
 1.30pm-2.30pm Aqua fit
 6.30pm-7.30pm Aqua bump
 7.30pm-8.30pm Aqua fit

Wednesday

9.00am-10.00am Holiday Activities
 10.00am-11.00am Parent & Toddler (Under 5's)
 11.00am-12.00pm Disabled Swim
 12.00pm-1.30pm Public Swim
 1.30pm-2.30pm Float Fun Swim
 2.30pm-3.30pm Public Swim
 8.00pm-9.00pm Aqua fit

Thursday

9.00am-10.00am See Children's Activities section
 10.00am-2.30pm Public Swim
 7.00pm-8.00pm Aqua fit

Friday

10.15am-11.15pm Fun Swim
 11.30am-1.30pm Public Swim
 1.30pm-2.30pm Parent & Toddler
 3.30pm-6.00pm Public Swim

Saturday

11.00am-12.30pm Fun Swim
 12.30pm-1.30pm Party Hire
 1.30pm-5.00pm Public Swim

Sunday

8.30am-12.15pm Public Swim
 12.30pm-1.30pm Party Hire
 1.45pm-4.00pm Public Swim
 5.00pm-6.00pm Party Hire

Bradford on Avon Swimming Pool

Station Approach, Bradford on Avon
 Wiltshire BA15 1DF
 01225 862970

DC LEISURE
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Children's Activities

We will be running Intensive swimming lessons as listed below. For more enquiries please contact sarahelps@dcleisure.co.uk or phone 01225 862970.

Week 1	Small Pool – Ducklings and Cygnets	Main Pool Stage 5 shallow
Week 2	Small Pool – Cygnets and Stage 1	Main Pool Diving
Week 3	Small Pool – Stage 1 and Stage 2	Main Pool Stage 5 deep
Week 4	Small Pool – Butterfly	Main Pool distance awards
Week 5	Small Pool – Breaststroke	Main Pool Stage 5 lengths

PLEASE NOTE FOR DUCKLING LESSONS A PARENT/GUARDIAN NEEDS TO BE IN THE WATER. FOR CYGNET, STAGE 1 AND STAGE 2 LESSONS A TEACHER WILL BE IN THE WATER.

National Pool Lifeguard Qualification

Ever thought about qualifying to become a pool lifeguard? We are running the lifeguard course from the 26th - 31st July. Must be a strong swimmer, and some pre requisites apply. Contact reception for more details.



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