

Pool Timetable

Deben Pool Term Time Programme

Monday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Gentle Water Workout (excluding Bank Holidays)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Tuesday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
8.30am – 9.30am	Schools Use
9.30am – 11.00am	Parent & Child (6 months-preschool) Shallow End Only
11.00am – 12.00pm	50+ Swimming
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Adult Lessons (pre booked)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Adult Lessons
8.00pm – 10.00pm	Adults Only

Wednesday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	50+ Swimming
4.00pm – 6.00pm	Public Swimming
5.00pm – 6.00pm	Staff Training (½ Pool)
6.00pm – 8.00pm	Club Use
8.00pm – 10.00pm	Public Swimming

Thursday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	The Big Splash (Disabled Swimming Session)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Ladies' Splash Dance
8.00pm – 9.00pm	Ladies Only
9.00pm – 10.00pm	Adults Only

Friday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 4.00pm	Public Swimming
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Saturday

7.00am – 8.30am	21st Century Swimming
8.30am – 11.00am	Children's Swimming Lessons (pre booked)
11.15am – 12.15pm	Super Splash
12.30pm – 1.30pm	50+ Swimming
1.30pm – 6.00pm	Public Swimming
6.00pm – 10.00pm	Available for hire

Sunday

8.00am – 11.15am	Public Swimming
11.15am – 12.15pm	Super Splash
12.15pm – 5.00pm	Public Swimming
5.00pm – 6.00pm	The Big Splash (Disabled Swimming Session)
6.00pm – 10.00pm	Club Use

This programme changes during school holidays, last ticket sold ½ hr before end of each session.

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 2 children to 1 adult. Those supervising must accompany the children in the water.

See page 6 for full public swimming guidelines.

Lap lanes will be in for the duration of all public swimming sessions.

Please be aware that set up/pack away times may result in a slight delay to session start/end times.

