



Swimming Timetable

Term Time – Spring 2010

Bradford Swimming Pool
01225 862970

Melksham Blue Pool
01225 703525

Trowbridge Sports Centre
01225 764342

Warminster Sports Centre
01985 212946

Westbury Swimming Pool
01373 822891

Main Pool

Monday

10.00am – 12.00pm	Ladies Recreation
10.00am – 1.30pm	Public Swim
1.30pm – 2.00pm	Hydrofitness
3.30pm – 6.30pm	Public Swim
9.00pm – 10.00pm	Adults Only

Tuesday

7.00am – 9.00am	Early Morning Swim
10.30am – 11.30am	Mature Bathers
12.00pm – 1.30pm	Public Swim
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 Morning Swim
12.10pm – 1.30pm	Public Swim
2.30pm – 3.30pm	Mature Bathers
3.30pm – 6.30pm	Public Swim

Thursday

7.00am – 9.00am	Early Morning Swim
12.00pm – 1.30pm	Public Swim
2.30pm – 3.30pm	Ladies Only
6.00pm – 6.30pm	Hydromax
6.30pm – 8.00pm	Public Swim
8.00pm – 9.00pm	Adults Only
9.00pm – 10.00pm	BOA Water Polo Club

Friday

7.00am – 9.00am	Early Morning Swim
9.00am – 10.00am	Mature Bathers
11.30am – 12noon	Hydrofitness
12noon – 1.30pm	Public Swim
2.30pm – 3.30pm	Ladies Only
3.30pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Adults Only
6.45pm – 7.45pm	Pool available for Party hire

Saturday

11.00am – 12.30pm	Fun Swim
12.30pm – 1.30pm	Adults Only
1.30pm – 5.00pm	Public Swim
6.45pm – 7.45pm	Pool Available For Party Hire

Sunday

8.30am – 12.30pm	Public Swim
1.00pm – 4.00pm	Public Swim

Small Pool

Monday

10.00am – 11.00am	Parent and Toddler (under 5's)
11.00am – 11.30am	Ladies Recreation Aquafit
11.30am – 12.00noon	Hydrotherapy
12.00noon – 1.30pm	Public Swim

Tuesday

10.00am – 11.15am	Parent and Toddler (under 5's)
11.20am – 12.00noon	Mobility Session
12.00noon – 1.30pm	Public Swim
1.30pm – 2.30pm	Aquafit
6.30pm – 7.30pm	Aqua Bump
7.30pm – 8.30pm	Aquafit

Wednesday

11.15am – 12.15pm	Disabled Session
12.15pm – 1.30pm	Public Swim
2.30pm – 3.30pm	Parent and Toddler (under 5's)
8.00pm – 9.00pm	Aqua fit

Thursday

12.00noon – 1.30pm	Public Swim
7.00pm – 8.00pm	Aquafit

Friday

10.30am – 12.00noon	Parent and Toddler (under 5's)
12.00noon – 1.30pm	Public Swim
2.30pm – 3.30pm	Duckling Lessons
3.30pm – 6.00pm	Public Swim

Saturday

11.00am – 12.30pm	Fun Swim
12.30pm – 1.30pm	Pool Available for Party Hire
1.30pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Lifesaving Club

Sunday

8.30am – 12.30am	Public Swim
1.00pm – 4.00pm	Public Swim
4.00pm – 5.00pm	Pool Available for party hire
5.00pm – 6.00pm	Pool Available for party hire

Fun Swims:

Height restrictions apply for the use of the Inflatable.

Unlimited Swim Memberships

Available from as little as £19 per month*
Ask at reception for further details.

*terms and conditions apply.

WESTBURY

Swimming Pool

Church Street, Westbury
enquiries@westburyswimmingpool.co.uk
01373 822891

Monday

7.00am – 9.30am	Public Swim
9.30am – 10.30am	Remedial Relaxation Swim
10.30am – 11.30am	AquaFit
12noon – 1.20pm	Adults Only
2.30pm – 3.30pm	Ladies Only
6.00pm – 7.00pm	Public Swim
7.00pm – 8.00pm	Aqua Bump
8.00pm – 9.00pm	AquaFit
9.00pm – 10.00pm	Adults Only

Tuesday

8.00am – 10.00am	Public Swim
10.00am – 11.00am	AquaFit
11.00am – 12noon	Parent & Toddler
12noon – 1.00pm	Adults Only
1.00pm – 3.00pm	Public Swim*
3.00pm – 4.00pm	Adults Only
4.00pm – 5.30pm	Public Swim

Wednesday

7.00am – 9.30am	Public Swim
9.30am – 10.30am	Remedial Relaxation Swim
10.30am – 11.30am	Public Swim
11.30am – 12.30pm	Adults Only
2.30pm – 3.30pm	Mature Bathers
5.30pm – 7.00pm	Public Swim
9.00pm – 10.00pm	Ladies Only

Thursday

7.30am – 9.30am	Public Swim
9.30am – 10.30am	Remedial Relaxation Swim
12noon – 1.00pm	Adults Only
1.00pm – 2.00pm	AquaFit
3.00pm – 4.00pm	Schools / £1 Swim**
6.00pm – 7.00pm	Public Swim
7.00pm – 8.00pm	Aqua Fit
9.00pm – 10.00pm	Adults Only Lane Swim

Friday

7.30am – 9.45am	Public Swim
11.45am – 1.30pm	Adults Only
1.30pm – 2.30pm	Parent & Toddler
2.30pm – 3.30pm	Mature Bathers
6.00pm – 7.00pm	Public Swim
8.00pm – 9.00pm	Adults Only

Saturday

1.00pm – 2.00pm	Adults Only
2.00pm – 4.00pm	Public Swim
4.00pm – 6.00pm	Pool Available for Birthday Parties / Private Hire

Sunday

8.30am – 10.00am	Adults only
10.00am – 11.00am	Parent & Child (under 8's)
11.00am – 1.00pm	Fun Swim
1.00pm – 3.00pm	Public Swim
3.00pm – 5.00pm	Fun Swim
5.00pm – 6.00pm	Pool available for Birthday Parties / Private Hire

Please Note

Timetable is subject to change. Please note that there is a different timetable for February / April school holidays.

*Staff Training sessions will run in this slot once a month instead of Public Swim. This usually occurs on the 3rd Tuesday of the month. Contact reception for dates.

**Schools session running in this slot. Please contact reception for dates. £1 Swimming will commence when schools are not in.



MELKSHAM

Blue Pool

Market Place, Melksham,

T. 01225 703525 Textphone users add prefix 18001 to access TYPETALK
enquiries@melkshambbluepool.co.uk

Monday

7.00am – 9.00am	Early Morning Swim with Adult Lane
11.30am – 12.30pm	Aquafit
12.30pm – 1.30pm	Lunchtime Public Swim
2.30pm – 4.00pm	Mature Bathers
5.30pm – 6.30pm	Public Swim
9.00pm – 10.00pm	Adult Only Lane Swim

Tuesday

7.00am – 9.00am	Early Morning Swim
11.30am – 12.30pm	Mature Bathers
12.30pm – 1.45pm	Adult Only
1.45pm – 3.15pm	Public Swim
5.30pm – 7.00pm	Public Swim
7.00pm – 8.00pm	Aquafit
8.00pm – 9.30pm	Adults Only

Wednesday

7.00am – 9.00am	Early Morning Swim with Adult Lane
11.30am – 12.30pm	Hydrofit
12.30pm – 1.30pm	IFI Swim
1.30pm – 3.00pm	Public Swim
3.00pm – 4.00pm	Ladies Only
5.30pm – 7.30pm	Public Swim
7.30pm – 8.30pm	Swim Gym
8.30pm – 10.00pm	Adults Only

Thursday

7.00am – 9.00am	Early Morning Swim
12.30pm – 1.30pm	Lunchtime Public Swim
2.00pm – 3.00pm	Mature Bathers
3.00pm – 4.00pm	Public Swim
5.30pm – 7.00pm	Public Swim
7.00pm – 8.00pm	Aquafit
9.00pm – 10.00pm	Adults Only

Friday

7.00am – 9.00am	Early Morning Swim with Adult Lane
12.00pm – 1.00pm	Lunchtime Lane Swim
2.00pm – 3.00pm	Mature Bathers
3.00pm – 4.00pm	Public Swim
4.00pm – 6.30pm	Swimming Lessons
6.30pm – 7.30pm	Public Swim with Adult Lane

Saturday

10.00am – 12.00pm	Swimming Lessons
12.00pm – 2.00pm	Public Swim
2.00pm – 3.30pm	Fun Swim
3.30pm – 5.00pm	Family Swim
5.00pm onwards	pool available for Private Hire

Sunday

7.30am – 9.00am	Adults Only with One Lane
9.00am – 10.30am	Parent & Child (under 8's)
10.45am – 12.00pm	Fun Swim
12.00pm – 2.00pm	Public Swim
2.00pm – 3.30pm	Family Swim
3.30pm – 5.15pm	Public Swim
5.15pm – 6.00pm	Adult Swimming Lessons

* Family Swim – a session only for family groups, no individuals will be granted entry

Learn to Swim

We take children as young as 12months on our Swim Academy Programme, children will follow the ASA National Plan for teaching swimming which caters for all ages and abilities developing your child from beginner to elite. For further information or to book your child's place please contact reception.



TROWBRIDGE

Sports Centre

Frome Road, Trowbridge
enquiries@trowbridgesportscentre.co.uk
01225 764342

Week 1 commencing January 4th, 18th / February 1st, 22nd / March 8th, 22nd

Mondays

7.00am – 8.45am	Adult Lanes / Public Swim
2.35pm – 3.25pm	Public Swim
3.30pm – 6.00pm	Swimming Lessons
6.00pm – 7.00pm	Aqua Fit / Diving Lessons
7.00pm – 8.00pm	Public Swim & Adult Lane Swim
8.00pm – 9.00pm	Adult Swim / Adult Swim Technique Lessons
9.00pm – 10.00pm	Staff Training / Scuba Diving

Tuesdays

7.00am – 8.45am	Adult Lanes / Public Swim
12.00pm – 1.00pm	Lunchtime Swim
2.25pm – 3.25pm	Ladies Only / Aqua Fit
3.30pm – 6.00pm	Swimming Lessons
6.00pm – 7.00pm	Lane Swimming
7.00pm – 9.00pm	Trowbridge Swimming Club
9.00pm – 10.00pm	Public Swimming

Wednesday

7.00am – 8.45am	Adult Lanes / Public Swim
12.05pm – 1.35pm	Lunchtime Swim
2.35pm – 3.25pm	Public Swim / Pre School Lessons
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

1.05pm – 2.05pm	Lunchtime Swim
2.35pm – 3.25pm	Mature Bathers / Mature Bather Swimming 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	Adult Lanes / Public Swim
12.00pm – 1.30pm	Lunchtime Swim
3.30pm – 6.00pm	Swimming Lessons
6.05pm – 7.00pm	Public Diving / Fun Zone
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	Public Swim / Adult Lane Swim
1.00pm – 2.00pm	Public Swim
2.00pm – 3.00pm	Public Diving / Fun Zone
3.00pm – 4.00pm	Public Swim
4.00pm – 6.00pm	Pool Available For Hire

Sunday

8.30am – 10.00am	Public Swim / Adult Lane Swimming
10.00am – 11.00am	Parent & Child Session / Fun Zone
11.00am – 12.00pm	Parent & Child Session / Fun Zone
12.00pm – 1.00pm	Pool Available For Hire
1.00pm – 2.00pm	Fun Swim
2.00pm – 3.00pm	Public Swim / Adult Lane Swim
3.00pm – 4.00pm	Public Swim
4.00pm – 6.30pm	Adult Swim / Adult Lessons



Swimming Lessons

Learn to swim with our extensive swimming lesson programme. We cater for all ages and abilities. From beginners to the advance. All lessons follow the ASA national teaching plan with fully qualified teachers. For further information please contact reception 01225 764342.

Trowbridge Sports Centre is a dual use site with Clarendon College. Under this arrangement the pool timetable is subject to change between 8.45am – 5.30pm. If Clarendon College make any amendments to the Pool programme we will of course keep you informed at the earliest opportunity.

Week 2 Commencing January 11th, 25th / February 8th / March 1st, 15th, 29th

Mondays

7.00am - 8.45am	Adult Lanes / Public Swim
2.35pm - 3.25pm	Public Swim
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Aqua Fit / Diving Lessons
7.00pm - 8.00pm	Public Swim & Adult Lane Swim
8.00pm - 9.00pm	Adult Swim / Adult Swim Technique Lessons
9.00pm - 10.00pm	Staff Training / Scuba Diving

Tuesdays

7.00am - 8.45am	Adult Lanes / Public Swim
1.35pm - 2.25pm	Lunchtime Swim
2.25pm - 3.25pm	Ladies Only / Aqua Fit
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Lane Swimming
7.00pm - 9.00pm	Trowbridge Swimming Club
9.00pm - 10.00pm	Public Swimming

Wednesday

7.00am - 8.45am	Adult Lanes / Public Swim
1.05pm - 1.35pm	Lunchtime Swim
2.35pm - 3.25pm	Public Swim / Pre School Lessons
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

1.05pm - 1.35pm	Lunchtime Swim
2.35pm - 3.25pm	Mature Bathers / Mature Bather Swimming Lessons
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Lane Swimming / Swimming Lessons
8.30pm - 10.00pm	Public Swim / Adult Lane Swim

Friday

7.00am - 8.45am	Adult Lanes / Public Swim
1.05pm - 2.30pm	Public Swim
3.30pm - 6.00pm	Swimming Lessons
6.05pm - 7.00pm	Public Diving / Fun Zone
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	Public Swim / Adult Lane Swim
1.00pm - 2.00pm	Public Swim
2.00pm - 3.00pm	Public Diving / Fun Zone
3.00pm - 4.00pm	Public Swim
4.00pm - 6.00pm	Pool Available For Hire

Sunday

8.30am - 10.00am	Public Swim / Adult Lane Swimming
10.00am - 11.00am	Parent & Child Session / Fun Zone
11.00am - 12.00pm	Parent & Child Session / Fun Zone
12.00pm - 1.00pm	Pool Available For Hire
1.00pm - 2.00pm	Fun Swim
2.00pm - 3.00pm	Public Swim / Adult Lane Swim
3.00pm - 4.00pm	Public Swim
4.00pm - 6.30pm	Adult Swim / Adult Lessons



Swimming Lessons

Learn to swim with our extensive swimming lesson programme. We cater for all ages and abilities. From beginners to the advance. All lessons follow the ASA national teaching plan with fully qualified teachers. For further information please contact reception 01225 764342.

Trowbridge Sports Centre is a dual use site with Clarendon College. Under this arrangement the pool timetable is subject to change between 8.45am – 5.30pm. If Clarendon College make any amendments to the Pool programme we will of course keep you informed at the earliest opportunity.

WARMINSTER

Sports Centre

Woodcock Road, Warminster
enquiries@warminstersportscentre.co.uk
T. 01985 212946

This programme starts from Monday 2 February 2010

Monday

7.00am – 9.00am	Early Birds (1 lane)
9.00am – 9.45am	Aqua Aerobics
12.10pm – 12.50pm	Lunchtime Dip (Adults Only)
3.15pm – 4.00pm	Mature Bathers
4.00pm – 6.30pm	Public Swim (half pool, along side swim lessons)
8.30pm – 9.30pm	Aqua Aerobics
9.30pm – 10.30pm	Adults Only

Tuesday

12.10pm – 12.50pm	Relaxation Swim (Adults Only)
5.00pm – 6.00pm	Ladies Only (Adults Only)
6.00pm – 8.00pm	Public Swim
8.00pm – 10.00pm	Adults Only (Half Laned) *Please see info box below

Wednesday

7.00am – 9.30am	Early Birds (1 lane)
9.30am – 10.15am	Parent & Toddler
12.20pm – 1.20pm	Adult Lunchtime Dip *Please see info box below
6.00pm – 7.00pm	Adult Lane Swim/ Public Swim
7.00pm – 8.15pm	Public Swim
8.15pm – 9.00pm	Aqua Aerobics
9.00pm – 10.00pm	Adult Lane Swim

Thursday

7.00am – 9.15am	Early Birds (1 lane)
11.40am – 1.20pm	Public Swim
5.30pm – 7.00pm	Public Swim

Friday

7.00am – 9.15am	Early Birds Laned Swim
12.10pm – 12.50pm	Lunchtime Dip (Adults Only)
2.45pm – 3.30pm	Mature Bathers
5.30pm – 6.30pm	Public Swim
8.00pm – 9.00pm	Adult Lane Swim

Saturday

11.30am – 1.00pm	Fun Swim
1.00pm – 2.00pm	Relaxation Swim (Adults Only)
2.00pm – 5.00pm	Public Swim
5.00pm – 9.00pm	Pool Available for Private Hire

Sunday

8.00am – 10.00am	Early Birds
10.00am – 11.00am	Parent & Toddler
11.00am – 12noon	Adults Only (half pool laned)
12noon – 2.00pm	Fun Swim
2.00pm – 4.30pm	Public Swim

Relaxation Swim

Please be aware that these sessions are aimed to be a gentle and stress – free session where vigorous swimming will not be permitted.

Staff Training*

Tuesday:

Feb 16, Mar 16, Apr 20, May 18, June 15, Jul 20

The Adult Swim will run from 9.00pm – 10.00pm Only.

Wednesday:

Feb 24, Mar 24, Apr 28, May 26, Jun 23, July 28.

The lunchtime dip will be cancelled.

Please Note

Warminster Sports Centre is a dual use site with Kingdown School. Under this arrangement Kingdown School will have the use of the Swimming Pool to meet their National Curriculum requirements.

It may be necessary to cancel some sessions due to this agreement.

Children under 8 years of age must be supervised in the water and in the changing rooms by a parent or adult (18+). A maximum of 2 children under 8 years of age are permitted per parent/ adult. This is the recommendation of the Health & Safety Executive.

How to find us...

Bradford Swimming Pool

Station Approach, Bradford on Avon

www.bradfordswimmingpool.co.uk/enquiries@bradfordswimmingpool.co.uk
01225 862970

Melksham Blue Pool

Market Place, Melksham

www.melkshambluepool.co.uk/enquiries@melkshambluepool.co.uk
01225 703525 Supported by Tynetalk, Fax 01225 703279

Trowbridge Sports Centre

Frome Road, Trowbridge

www.trowbridgesportscentre.co.uk/enquiries@trowbridgesportscentre.co.uk
01225 764342

Warminster Sports Centre

Woodcock Road, Warminster

www.warminstersportscentre.co.uk/enquiries@warminstersportscentre.co.uk
01985 212946

Westbury Swimming Pool

Church Street, Westbury

www.westburyswimmingpool.co.uk/enquiries@westburyswimmingpool
01373 822891



Supervision Policy

Children under 8 must be supervised in the water and in the changing rooms by a parent or adult (18+).

A maximum of 2 children under 8 is permitted per parent/adult. This is the recommendation of the Health & Safety Executive

