

Swimming Timetable

April 2011 – March 2012



Wyre Forest Glades Leisure Centre
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Stourport Sports Centre
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Stourport Sports Centre Pool Timetable

All Welcome (term time)

Mon	12.30pm – 3.00pm	6.00pm – 7.30pm
Tue	12.30pm – 4.00pm	6.00pm – 7.30pm
Wed	12.30pm – 2.00pm	6.00pm – 7.30pm
Thu	12.30pm – 4.00pm	6.00pm – 7.30pm
Fri	12.30pm – 3.00pm	6.00pm – 7.30pm
Sat	12.00pm – 3.15pm	
Sun*	9.00am – 3.30pm	

All Welcome (school holidays)

Mon	10.30am – 3.00pm	6.00pm – 7.30pm
Tue - Thu	10.30am – 4.00pm	6.00pm – 7.30pm
Fri	10.30am – 3.00pm	6.00pm – 7.30pm
Sat	12.00pm – 3.15pm	
Sun*	9.00am – 3.00pm	

* Sun 10.30am shallow end opens

Adult Swimming

Mon	7.15am – 9.15am
Tue	7.15am – 9.15am
Wed	7.15am – 9.15am 7.30pm – 9.00pm 9.00pm – 10.00pm (masters swim)
Thu	7.15am – 9.15am
Fri	7.15am – 9.15am

Junior Swimming Lessons

Mon - Fri	4.00pm – 6.00pm
Sat	9.00am – 12.00noon
Sun	9.00am – 10.30am

Wyre Forest Glades and Stourport Sports Centre both offer a comprehensive range of swimming lessons to suit all abilities, and coaching is available at Stourport Sports Centre for more advanced swimmers.

Adult Swimming Lessons

Tue 7.30pm – 9.30pm

50+ Swimming

Mon 3.00pm – 4.00pm
Fri 3.00pm – 4.00pm

Aqua Aerobics

Mon 2.00pm – 3.00pm
(adult session, term time only)
Fri 3.00pm – 4.00pm
(forever active session)

Adult and Child Swimming (term time)

Tue 1.30pm – 2.30pm

Private Hire

Sat 5.15pm – 8.15pm

Private Swimming Lessons (One to One tuition)

Ask at reception for further details on adult and junior swim lesson availability.



Wyre Forest Glades Leisure Centre Pool Timetable

All Welcome

Mon	7.15am – 12.00pm	3.00pm – 8.00pm
Tue	7.15am – 12.00pm	3.00pm – 8.00pm
Wed	7.15am – 12.00pm	3.00pm – 8.00pm
Thu	7.15am – 12.00pm	3.00pm – 8.00pm
Fri	7.15am – 12.00pm	3.00pm – 8.00pm
Sat	10.00am – 4.00pm	
Sun	9.00am – 4.00pm	

Family Fun – Waves and Flumes

Mon	6.00pm – 8.00pm
Tue	6.00pm – 8.00pm
Wed	6.00pm – 8.00pm
Thu	6.00pm – 8.00pm
Fri	6.00pm – 8.00pm
Sat	10.30am – 4.00pm
Sun	10.30am – 4.00pm

Adult and Child Swimming

Tue	10.45am – 11.30am
Thu	10.45am – 11.30am

50+ Swimming

Mon	12.00pm – 1.00pm
Tue	12.00pm – 1.00pm
Wed	12.00pm – 1.00pm
Thu	12.00pm – 1.00pm
Fri	12.00pm – 1.00pm

Junior Swimming Lessons

Mon	4.00pm – 6.00pm
Tue	11.30am – 12.00pm
Wed	4.00pm – 6.00pm
Thu	11.30am – 12.00pm
Fri	4.00pm – 6.00pm
Sat	8.00am – 10.00am
Sun	8.00am – 10.00am

Adult Swimming Lessons

Tue	9.45am – 10.45am
Tue	8.00pm – 9.00pm
Thu	9.45am – 10.45am

Private Hire

Sat	5.00pm – 8.00pm
Sun	5.00pm – 8.00pm



Enjoy swimming on a regular basis?

Save money by taking out a swimming membership. Enjoy all public swimming sessions as part of a swimming membership. Swimming offers an all round workout for all ages and abilities. Wyre Forest Glades Sports and Leisure Centres have single, senior and family packages available. For further details please contact a Customer Advisor.

	School Holidays	Term-Time
Mon-Fri	7.15am - 8.00pm	See Program
Sat	10.00am - 4.00pm	10.00am - 4.00pm
Sun	9.00am - 4.00pm	9.00am - 4.00pm

Please note flumes and waves operate from 10.30am until the Swimming Pool closes.

Pool Hygiene

Wyre Forest Sport and Leisure Centres follow the National Pool Water Guidance to keep each Swimming Pool clean and safe, but we need your help:

- Please shower before swimming, it removes grease and dirt, for example make up, hair products and chemicals in deodorants.
- Wearing a swim hat will help to protect your hair and reduce water pollution.
- Using the toilets provided keeps the water clean for all customers.
- We strongly recommend that all youngsters who are not toilet trained should wear swim nappies which can be purchased from reception. This will stop those little embarrassments becoming big ones!
- Please do not swim if you have just eaten or drank, or if you have an upset stomach.
- All babies participating should have completed their initial immunisation programme.

Follow the lifeguards instructions, they want you to have a great swim in safety.

Swim Supervision Policy

Children under 8 years old must be supervised by a parent or adult [aged 18 years or over] in the pool and changing areas at all times.

A ratio of no more than 2 children under 8 per adult is allowed in the water.

We recommend that children under 5 are supervised by an adult at a ratio of 1:1.

Free swimming available for those aged under 16*

Free swimming for under 16's living in the Wyre Forest district. Sessions will run from Monday to Friday, 12noon-2pm during the school holidays*. All under 8's must be supervised by an adult. Please note an annual administrative fee applies.



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