



Swimming Timetable

2010

Aldershot Pools
Tel: 01252 323482
enquiries@aldershotpools.co.uk

Main Pool

Monday

07.00 – 09.25
09.30 – 12.25
12.30 – 13.55
14.00 – 14.55
14.00 – 14.5 5
15.00 – 16.55*
17.00 – 18.25
18.30 – 19.25
19.30 – 20.15
20.15 – 21.00
20.30 – 21.45

Breakfast Swimming
General Swimming
Adult Lane Swimming
Senior Swimming
Water Workout Session
General Swimming
Adult Lane Swimming
General Swimming
Water Workout Session
Water Workout Session
Adult Swimming

Tuesday

07.00 – 08.25
9.30 – 12.25
12.30 – 13.55
14.00 – 17.25*
17.30 – 18.55
19.00 – 19.55
20.00 – 21.45

Breakfast Swimming
General Swimming
Adult Lane Swimming
General Swimming
Adult Swimming
General Swimming
Adult Swimming

Wednesday

07.00 – 09.25
09.30 – 10.25
09.45 – 10.30
10.30 – 12.25
12.30 – 13.55
14.00 – 17.55*

Breakfast Swimming
Adult Swimming
Water Workout Session
General Swimming
Adult Lane Swimming
General Swimming

Thursday

07.00 – 09.25
09.30 – 12.25
12.30 – 13.55
15.00 – 18.25
18.30 – 19.15
19.30 – 21.45

Breakfast Swimming
General Swimming
Adult Lane Swimming
General Swimming*
Water Workout Session
Adult Swimming

Friday

07.00 – 09.25
09.30 – 10.30
10.30 – 12.25
12.30 – 13.55
14.00 – 17.55*

Breakfast Swimming
Water Workout Sessions
General Swimming
Adult Lane Swimming
General Swimming

Saturday

11.00 – 12.55
13.00 – 13.55
14.00 – 14.55
15.00 – 17.45

General Swimming
Adult Swimming
Splash Time
General Swimming

Sunday

09.00 – 09.55
10.00 – 12.55
13.00 – 13.55
14.00 – 14.55
15.00 – 16.55
17.00 – 17.45

Adult Lane Swimming
General Swimming
Adult Swimming
Splash Time
General Swimming
Adult Swimming



Learner Pool

Monday

10.30 – 11.25
12.00 – 15.55

Parent & U5 Swimming
General Swimming

Tuesday

12.00 – 15.55

General Swimming

Wednesday

09.30 – 10.55
14.00 – 15.55

General Swimming
General Swimming

Thursday

12.30 – 15.55
18.00 – 18.55

General Swimming
General Swimming

Friday

09.30 – 10.55
11.00 – 12.55
14.30 – 15.55

Parent & U5
General Swimming
General Swimming

Saturday

11.00 – 12.55
13.00 – 13.55
14.00 – 14.55
15.00 – 17.45

General Swimming
Family Swimming
Splash Time
General Swimming

Sunday

09.00 – 12.55
13.00 – 13.55
14.00 – 14.55
15.00 – 17.45

General Swimming
Family Swimming
Splash Time
General Swimming

Information

- Children under 8 must be supervised in the water and changing rooms by a Parent or Adult (18+).
- A maximum of 3 children under 8 are permitted per parent / adult.
- Under 8s and weak or non-swimmers will not be allowed on the floats for safety reasons.
- The use of electrical equipment, mobile phones and cameras are strictly prohibited on poolside.
- At times the pool will have lanes in use for swimming lessons, club swimming and staff training.
- The pool programme runs throughout the year including holidays.
- The management reserve the right during busy periods to restrict swimming to timed sessions.

Don't forget...

1. Your Costume
2. Your towel
3. £1 for your locker (refundable)
4. Pick up your wristband from Reception
5. To go to the toilet before swimming
6. Have a shower before swimming



*During School Holidays, extra Splashtime sessions will be available. We reserve the right to alter or change the programme at any time

Children's Lessons

Swimming Academy offers structured swimming lessons for children in a safe and fun environment.

Children will work towards an award scheme and earn badges and certificates on achieving the set criteria for each level. Children are assessed continuously and moved up to the next level as soon as they meet the criteria.

We work to the ASA National Teaching Plan, which is a nationally recognised syllabus for swimming development.

Not only can we offer your children swimming instruction to enable them to swim strongly, confidently and safely.

We can also provide further development to become competitive swimmers, swimming coaches or lifeguards depending on their goals. This forms part of our Sports Development Policy

Contact our Main Reception on 01252 323482 for more information.



Adult Lessons

Our adult lesson programme is for all ages and abilities.

Are you a total beginner who needs to learn water confidence and basic strokes? Or are you a swimmer who would like to learn to improve stroke technique? We have lessons to help you.

Contact our Main Reception for further details on 01252 323482.

What session is right for me?

General Swimming Sessions

Open to all swimmers of all abilities and ages.

Adult Lane Swimming Sessions

Open to all swimmers over 16 years of age to swim lengths. During 6 lanes session, fast, medium, slow lanes available for all abilities.

Senior Swim Sessions

Session aimed at swimmers 60 years and over.

Splashtimes

Fun giant floats in the pools. Mum and Dad can come too!

Parent & U5

For adults with younger children who want to swim during a quieter time.

Breakfast Swimming

Early morning swimming for kinetika Members and pre-paid swimmers only.

