

# Swimming Timetable

## - Term Time

Swimming is one of the best workouts - it's a great all body toner and works all major muscle groups

### Monday

7.00am-8.00am Lengths Swimming  
 8.00am-9.00am 60+ Swimming  
 9.00am-10.00am 55+ Water Aerobics  
 10.00am-11.00am Parent & Toddler \*  
 11.00am-12.00pm Disabled Swimming  
 12.00pm-1.30pm Lunchtime Swimming  
 1.30pm-2.30pm School Swimming  
 2.30pm-4.30pm Public Swimming \*\*  
 4.30pm-6.00pm Swimming Lessons  
 6.00pm-9.00pm Aylsham Vikings Swimming Club (AVSC)

### Tuesday

7.00am-8.00am Lengths Swimming  
 8.00am-9.00am Public Swimming  
 9.00am-10.00am Water Aerobics  
 10.00am-12.00pm Public Swimming  
 12.00pm-1.30pm Lunchtime Swimming  
 1.30pm-2.30pm School Swimming  
 2.30pm-4.30pm Public Swimming \*\*  
 4.30pm-6.00pm Swimming Lessons  
 6.00pm-8.00pm AVSC/Public Swimming \*\*\*  
 8.00pm-9.30pm Adults Only Swimming

### Wednesday

7.00am-8.00am Lengths Swimming  
 8.00am-9.00am 60+ Swimming  
 9.00am-10.00am Water Aerobics  
 10.00am-12.00pm Public Swimming  
 12.00pm-1.30pm Lunchtime Swimming  
 1.30pm-2.30pm School Swimming  
 2.30pm-4.30pm Public Swimming \*\*  
 4.30pm-6.00pm Swimming Lessons  
 6.00pm-8.00pm AVSC  
 8.00pm-9.00pm Swimming Lessons

### Thursday

6.00am-7.00am AVSC/Public Swim \*\*\*  
 7.00am-8.00am Lengths Swimming  
 8.00am-9.00am Public Swimming  
 9.00am-11.00am Parent & Toddler \*  
 11.00am-12.00pm Public Swimming  
 12.00pm-1.30pm Lunchtime Swimming  
 1.30pm-3.00pm School Swimming  
 3.00pm-4.30pm Public Swimming \*\*  
 4.30pm-6.00pm Swimming Lessons  
 6.00pm-8.00pm Public Swimming  
 8.00pm-9.00pm Water Aerobics

### Friday

7.00am-8.00am Lengths Swimming  
 8.00am-9.00am 60+ Swimming  
 9.00am-12.00pm Public Swimming  
 12.00pm-1.30pm Lunchtime Swimming  
 1.30pm-2.30pm School Swimming  
 2.30pm-4.30pm Public Swimming \*\*  
 4.30pm-6.00pm Swimming Lessons  
 6.00pm-8.00pm Public Swimming  
 8.00pm-9.30pm Adults Only Swimming

### Saturday

7.00am-8.00am Lengths Swimming  
 8.00am-9.00am Public Swimming  
 9.00am-11.00am Swimming Lessons \*  
 11.00am-2.00pm Public Swimming  
 2.00pm-3.00pm Family Fun Session \*  
 3.00pm-4.00pm Fun Session \*  
 4.00pm-6.00pm Public Swimming  
 6.00pm-8.00pm Available for hire - Pick up our party leaflet

### Sunday

8.00am-9.00am NNDC Swim Fit/Recreational Swimmers. Coaching Provided  
 9.00am-10.00am Swimming Lessons  
 10.00am-11.00am Fun Session  
 11.00am-12.00pm Lengths Swimming/  
 Public Swimming  
 12.00pm-2.00pm Public Swimming  
 2.00pm-3.00pm Family Fun Session \*  
 3.00pm-6.00pm Public Swimming  
 5.00pm-6.00pm Public Swimming/AVSC\*\*\*

\* Moveable Floor raised 10 minutes prior to session, allow 10 minutes after the session for floor to lower

\*\* Moveable Floor raised at 3.50pm allow 10 minutes before/after

\*\*\* Shared Pool

### Don't Forget...

- 1) Your Costume
- 2) Your Towel
- 3) £1 for your locker (refundable)
- 4) To visit our Swim Shop in reception

# Swimming Timetable

## - Holiday Timetable

### Monday

|                 |                                      |
|-----------------|--------------------------------------|
| 7.00am-8.00am   | Lengths Swimming                     |
| 8.00am-9.00am   | 60+ Swimming                         |
| 9.00am-10.00am  | 55+ Water Aerobics                   |
| 10.00am-11.00am | Parent & Toddler *                   |
| 11.00am-12.00pm | Disabled Swimming                    |
| 12.00pm-1.00pm  | Lunchtime Swimming                   |
| 1.00pm-2.00pm   | Fun Session *                        |
| 2.00pm-4.30pm   | Public Swimming **                   |
| 4.30pm-6.00pm   | Swimming Lessons                     |
| 6.00pm-9.00pm   | Aylsham Vikings Swimming Club (AVSC) |

### Tuesday

|                 |                          |
|-----------------|--------------------------|
| 7.00am-8.00am   | Lengths Swimming         |
| 8.00am-9.00am   | Public Swimming          |
| 9.00am-10.00am  | Water Aerobics           |
| 10.00am-11.00pm | Fun Session *            |
| 11.00pm-12.00pm | Public Swimming          |
| 12.00pm-1.00pm  | Lunchtime Swimming       |
| 1.00pm-2.00pm   | Fun Session *            |
| 2.00pm-4.30pm   | Public Swimming **       |
| 4.30pm-6.00pm   | Swimming Lessons         |
| 6.00pm-8.00pm   | AVSC/Public Swimming *** |
| 8.00pm-9.30pm   | Adults Only Swimming     |

### Wednesday

|                 |                          |
|-----------------|--------------------------|
| 6.00am-7.00am   | AVSC/Public Swimming *** |
| 7.00am-8.00am   | Lengths Swimming         |
| 8.00am-9.00am   | 60+ Swimming             |
| 9.00am-10.00am  | Water Aerobics           |
| 10.00am-11.00pm | Fun Session *            |
| 11.00pm-12.00pm | Public Swimming          |
| 12.00pm-1.00pm  | Lunchtime Swimming       |
| 1.00pm-2.00pm   | Fun Session *            |
| 2.00pm-4.30pm   | Public Swimming **       |
| 4.30pm-6.00pm   | Swimming Lessons         |
| 6.00pm-8.00pm   | AVSC                     |
| 8.00pm-9.00pm   | Swimming Lessons         |

### Thursday

|                 |                    |
|-----------------|--------------------|
| 7.00am-8.00am   | Lengths Swimming   |
| 8.00am-9.00am   | Public Swimming    |
| 9.00am-10.00am  | Fun Session *      |
| 10.00am-11.00am | Parent & Toddler * |
| 11.00am-12.00pm | Public Swimming    |
| 12.00pm-1.00pm  | Lunchtime Swimming |
| 1.00pm-2.00pm   | Fun Session *      |
| 2.00pm-4.30pm   | Public Swimming ** |

|               |                  |
|---------------|------------------|
| 4.30pm-6.00pm | Swimming Lessons |
| 6.00pm-8.00pm | Public Swimming  |
| 8.00pm-9.00pm | Water Aerobics   |

### Friday

|                 |                      |
|-----------------|----------------------|
| 7.00am-8.00am   | Lengths Swimming     |
| 8.00am-9.00am   | 60+ Swimming         |
| 9.00am-10.00am  | Fun Session *        |
| 10.00am-11.00am | Public Swimming      |
| 11.00am-12.00pm | Public Swimming      |
| 12.00pm-1.00pm  | Lunchtime Swimming   |
| 1.00pm-2.00pm   | Fun Session *        |
| 2.00pm-4.30pm   | Public Swimming **   |
| 4.30pm-6.00pm   | Swimming Lessons     |
| 6.00pm-8.00pm   | Public Swimming      |
| 8.00pm-9.30pm   | Adults Only Swimming |

### Saturday

|                |   |
|----------------|---|
| 7.00am-8.00am  | Lengths Swimming                                  |
| 8.00am-9.00am  | Public Swimming                                   |
| 9.00am-11.00am | Swimming Lessons *                                |
| 11.00am-2.00pm | Public Swimming                                   |
| 2.00pm-3.00pm  | Family Fun Session *                              |
| 3.00pm-4.00pm  | Fun Session *                                     |
| 4.00pm-6.00pm  | Public Swimming                                   |
| 6.00pm-8.00pm  | Available for hire -<br>Pick up our party leaflet |

### Sunday

|                 |  |
|-----------------|--|
| 8.00am-9.00am   | NNDC Swim Fit/Recreational Swimmers. Coaching Provided |
| 9.00am-10.00am  | Swimming Lessons                                       |
| 10.00am-11.00am | Fun Session  |
| 11.00am-12.00pm | Lengths Swimming/<br>Public Swimming                   |
| 12.00pm-2.00pm  | Public Swimming  |
| 2.00pm-3.00pm   | Family Fun Session *                                   |
| 3.00pm-6.00pm   | Public Swimming  |
| 5.00pm-6.00pm   | Public Swimming/AVSC***                                |

\* Moveable Floor raised 10 minutes prior to session, allow 10 minutes after the session for floor to lower

\*\* Moveable Floor raised at 3.50pm allow 10 minutes before/after

\*\*\* Shared Pool

Holiday dates in line with Local Education Authority  
Holiday Activities are available during the school holiday. Please see reception for more details.