



Swimming Timetable

2009

Cranleigh Leisure Centre
01483 274400

Godalming Leisure Centre
01483 417282

The Herons Leisure Centre
01428 658484

The Edge Sports Centre
01428 644577

Farnham Sports Centre
01252 723208



Swimming Lessons



The Swimming Academy Lesson Scheme offers a variety of lessons for all ages and abilities and we are proud of our reputation for providing quality swimming lessons.

We follow the Amateur Swimming Association National Development Plan, and children will progress through levels 1 through to 12.

Lessons are 25-45 minutes duration for children; we also teach individual 1 to 1 swimming lessons, and offer Adult swimming lessons (25-45 minutes duration). Please note that Adult daytime lessons are cancelled during the school holidays at some centres.

STAGE 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats, etc.

STAGE 2

Developing safe entries into the water including jumping in, basic floating, and swimming on your front and back up to a distance of 5 metres. Swimmers may use aids, e.g. arm bands, floats, etc.

STAGE 3

Developing further safe including submersion, and swimming up to 10 metres on your front and back. Further development on rotation skills and water safety knowledge is also included. At this stage, the Swimmer will be assessed without the use of aids or support.

STAGE 4

Developing your knowledge of buoyancy, through a range of skills, and refining your kicking technique for all strokes.

STAGE 5

Developing your 'watermanship' through techniques of sculling and treading water. At this stage, the swimmer will be expected to swim a distance of 10 metres using a variety of swimming strokes and techniques.

STAGE 6

Developing effective swimming skills including coordinated breathing across all strokes, plus swimming a distance of 25 metres using a stroke of the Swimmers choice.

STAGE 7

Developing stroke technique up to a distance of 100 metres, and incorporating existing skills learnt.

You will also be expected to successfully complete an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

STAGES 8 – 10

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines:

- Flip n Fun – Diving
- AquaFun – Synchronised Swimming
- Mini-Polo – Water Polo
- Competitive Swimming
- Rookie Lifeguarding



Please note that not all sites follow the above structure, and there may be alternative activities offered to you.

Please contact the Swimming Coordinator at your local site for more information.

Swimming Options

The Swimming Academy Lesson scheme includes:

- Direct Debit Membership options
- Unlimited free swimming during public times (Direct debit payers only)
- 50 weeks per year instruction (This may differ from sites, please contact your sites Swimming Coordinator for more information)

ADULTS

A wide range of beginners, improvers and advanced courses are offered. Classes take place during the daytime and evenings – dependent on centre timetable.

LANE SWIMMING

Lanes are available during all opening times at certain times during the day. Some lanes may be in use for swimming lessons or school usage. We do not operate a maximum time in our pools but subject to bathing loads we may have to restrict entry at busy times.

Please contact your local centre to check the availability of specific sessions.

Pool Regulations

Children under 8 must be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. At most sites a maximum ratio of 3 children to 1 adult is permitted, but in some situations this is a maximum ratio of 2 children to 1 adult – Please contact your nearest Centre for more information.

The maximum ratio of 2 children to 1 adult is permitted, but at some Centres this is a maximum ratio of 3 children to 1 adult. Please contact your nearest Centre for more information.

Those supervising must accompany the children in the water



PARENT & TODDLER SESSIONS

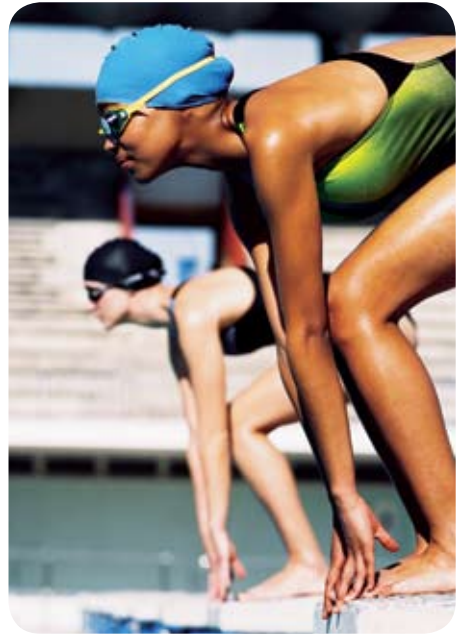
This is an introduction to water skills for parents and toddlers together, and is available to those who are aged between 4 months and 3 years. Babies must be mobile to take full advantage of this class. (Cancelled during school holidays at some sites).

INTENSIVE COURSES

At some sites we offer intensive swimming lessons for both adults and children during the school holidays. Please contact your nearest site for more information.

Free Swimming

Free swimming is now available for those who are 16 years and under, and 60 years and over. This is available at general/public use times only. Terms and conditions apply, please contact your local centre for more information.



Timetable Term Time

Main Pool

Monday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 7.00pm	Public Swim
7.00pm – 8.00pm	Aqua Fit – aerobics
8.00pm – 10.00pm	Public Swim

Tuesday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.00am – 6.00pm	Public Swim
6.00pm – 9.00pm	Club Swimming
9.00pm – 10.00pm	Water Polo

Wednesday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 10.00pm	Public Swim

Thursday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.00am – 10.00pm	Public Swim

Friday

6.30am – 10.00am	Early Morning Swim
9.15am – 10.00am	Aqua Fit – aerobics (2/3 pool)
10.00am – 6.00pm	Public Swim
6.00pm – 9.00pm	Club Swimming
9.00pm – 10.00pm	Public Swim

Saturday

8.00am – 12.00pm	Public Swim
12.00pm – 3.00pm	Fun Splash
3.00pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Session for those with a disability
6.00pm – 8.00pm	Private Hire

Sunday

8.00am – 12.00pm	Public Swim
12.00pm – 3.00pm	Fun Splash
3.00pm – 4.30pm	Public Swim
4.30pm – 8.00pm	Club Swimming

Please note that during Public Swim sessions part of the pool may be used for lessons.

A 5 minute preparation period will be required before & after classes/lessons. We will attempt to minimize any disruption caused.

Junior/Teaching Pool

Monday

8.00am – 10.00am	Public Swim
10.00am – 12.00pm	School Lessons
11.00am – 12.00pm	Public Swim (1/3 pool)
12.00pm – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Tuesday

8.00am – 9.45am	Public Swim
10.00am – 12.00pm	School Lessons
11.00am – 12.00pm	Public Swim (1/3 pool)
12.00pm – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy
6.00pm – 9.00pm	Club Swimming

Wednesday

8.00am – 10.00am	Public Swim
10.00am – 12.00pm	School Lessons
12.00pm – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Thursday

8.00am – 10.00am	Public Swim
10.00am – 12.00pm	School Lessons
12.00pm – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy
6.00pm – 9.00pm	Public Swim

Friday

8.00am – 10.00am	Public Swim
10.00am – 12.00pm	School Lessons
12.00pm – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy
6.00pm – 9.00pm	Club Swimming

Saturday

8.00am – 12.00pm	Swim Academy
12.00pm – 3.00pm	Fun Splash
3.00pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Session for those with a disability
6.00pm – 8.00pm	Private Hire

Sunday

8.00am – 12.00pm	Public Swim
12.00pm – 3.00pm	Fun Splash
3.00pm – 4.30pm	Public Swim
4.30pm – 8.00pm	Club Swimming

Timetable Holiday

Main Pool

Monday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – Therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 7.00pm	Public Swim
7.00pm – 8.00pm	Aqua Fit – aerobics
8.00pm – 10.00pm	Public Swim

Tuesday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.00am – 6.00pm	Public Swim
6.00pm – 9.00pm	Club Swimming
9.00pm – 10.00pm	Water Polo

Wednesday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 10.00pm	Public Swim

Thursday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.00am – 10.00pm	Public Swim

Friday

6.30am – 10.00am	Early Morning Swim
9.15am – 10.00am	Aqua Fit – aerobics (2/3 pool)
10.00am – 6.00pm	Public Swim
6.00pm – 9.00pm	Club Swimming
9.00pm – 10.00pm	Public Swim

Saturday

8.00am – 12.00pm	Public Swim
3.00pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Session for those with a disability
6.00pm – 8.00pm	Private Hire

Sunday

8.00am – 12.00pm	Public Swim
3.00pm – 4.30pm	Public Swim
4.30pm – 8.00pm	Club Swimming

Fun Splash (with toys) – weekdays 1.00pm-3.00pm and weekends 12.00pm-3.00pm.

Please note that during Public Swim sessions there will be a minimum of one lane available.



Junior/Teaching Pool

Monday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Tuesday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Wednesday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Thursday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Friday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Saturday

8.00am – 12.00pm	Swim Academy
12noon – 3.00pm	Fun Splash
3.00pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Session for those with a disability
6.00pm – 8.00pm	Private Hire

Sunday

8.00am – 12.00pm	Public Swim
12noon – 3.00pm	Fun Splash
3.00pm – 4.30pm	Public Swim
4.30pm – 8.00pm	Club Swimming



Timetable Term Time

Main Pool

Monday

6.30am – 8.00am	Farnham Swim Club
8.00am – 9.45am	School Use
9.45am – 10.30am	Aqua Aerobics
10.30am – 11.30am	Adult Swimming Lessons
11.30am – 3.00pm	General Use & Schools
3.00pm – 3.30pm	General Use & 50+
3.30pm – 8.30pm	General Use & Swimming Lessons
8.30pm – 10.00pm	Over 18's Premium Session

Tuesday

6.30am – 8.30am	General Use (Premium Session)
8.30am – 10.30am	School Use
10.30am – 2.30pm	General Use & Schools
2.30pm – 3.30pm	Aqua Natal, Rehab & General Use
3.30pm – 6.00pm	General Use & Swimming Lessons
6.00pm – 10.00pm	Farnham Swim Club

Wednesday

6.30am – 8.30am	General Use (Premium Session)
8.30am – 2.00pm	General Use & Schools
2.00pm – 3.00pm	Pool Closed For Staff Training
3.00pm – 7.30pm	General Use & Swimming Lessons
7.40pm – 8.25pm	Aqua Aerobics
8.30pm – 10.15pm	Triathlon Club

Thursday

6.30am – 8.30am	General Use (Premium Session)
8.30am – 11.30am	School Use
11.30am – 3.45pm	General Use/School Use
3.45pm – 7.00pm	Swimming Lessons & General Use
7.00pm – 8.30pm	Farnham Swim Club & General Use
8.30pm – 10.00pm	Over 18's Premium Session

Friday

6.30am – 7.45am	Farnham Swim Club
7.45am – 11.00am	Swimming Lessons & Schools
11.00am – 12.00pm	Aqua Natal, Rehab & General Use
12.00pm – 3.30pm	General Use/School Use
3.30pm – 8.00pm	Swimming Lessons & General Use
8.05pm – 8.50pm	Aqua Aerobics
9.00pm – 10.15pm	Triathlon Club

Saturday

9.00am – 10.00am	Farnham Disabled Swim Club
10.00am – 11.20am	Swimming Lessons & General Use
11.00am – 12.30pm	Splash Time
12.30pm – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.30pm – 4.55pm	General Use
4.55pm – 6.00pm	Swimming Lessons & General Use
6.00pm – 6.35pm	Swimming Lessons
6.35pm – 10.00pm	Available For Private Hire/Pool Parties

Sunday

8.00am – 9.00am	Triathlon Club
9.00am – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.30pm – 5.00pm	General Use
5.00pm – 9.15pm	Farnham Swimming Club

Junior/Teaching Pool

Monday

9.45am – 12.35pm	Swim Lessons & School Use
12.35pm – 1.30pm	General Use
1.30pm – 6.35pm	Swimming Lessons & School Use
6.35pm – 8.30pm	General Use
8.30pm – 10.00pm	Swimming Lessons

Tuesday

9.30am – 10.30am	School Use
10.30am – 12.00pm	Parent & Toddler Session
12.00pm – 1.20pm	General Use
1.25pm – 2.00pm	Swimming Lessons
2.00pm – 3.45pm	Parent & Toddler Session
3.45pm – 6.35pm	Swimming Lessons

Wednesday

9.00am – 10.00am	School Use
10.00am – 11.25am	General Use
11.25am – 1.15pm	Swimming Lessons
1.15pm – 2.00pm	General Use
2.00pm – 2.35pm	Closed
2.35pm – 6.00pm	Swimming Lessons & Schools
6.00pm – 7.30pm	General Use

Thursday

9.00am – 11.30am	School Use
11.30am – 1.25pm	General Use
1.25pm – 2.00pm	Swimming Lessons
2.00pm – 3.00pm	Parent & Toddler Session
3.00pm – 6.00pm	Swimming Lessons
6.00pm – 8.30pm	General Use

Friday

9.00am – 12.00pm	Swimming Lessons & Schools
12.00pm – 1.25pm	General Use
1.25pm – 6.00pm	Swimming Lessons
6.00pm – 8.00pm	General Use

Saturday

10.30am – 11.00am	General Use
11.00am – 12.30pm	Splash Time
12.30pm – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.30pm – 6.30pm	Swimming Lessons

Sunday

8.00am – 10.30am	Swimming Lessons
4.30pm – 4.55pm	General Use
9.00am – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.55pm – 6.30pm	General Use
5.00pm – 7.00pm	Farnham Swim Club

Timetable Holiday

Main Pool

Monday

9.00am – 10.15am	General Use
10.15am – 12.00pm	Splash Time
12.00pm – 2.00pm	General Use
2.00pm – 3.45pm	Splash Time
3.45pm – 8.30pm	Swimming Lessons & General Use
8.30pm – 10.00pm	Over 18's Premium Session

Tuesday

6.30am – 8.30am	General Use (Premium Session)
8.30am – 10.15am	General Use
10.15am – 12.00pm	Splash Time
12.00pm – 2.00pm	General Use
2.00pm – 3.45pm	Splash Time
3.45pm – 6.00pm	Swimming Lessons & General Use
6.00pm – 10.00pm	Farnham Swim Club

Wednesday

6.30am – 8.30am	General Use (Premium Session)
8.30am – 10.15am	General Use
10.15am – 12.00pm	Splash Time
12.00pm – 2.00pm	General Use
2.00pm – 3.00pm	Pool Closed To Public (Staff Training)
3.00pm – 3.45pm	Splash Time
3.45pm – 7.30pm	Swimming Lessons & General Use
7.40pm – 8.25pm	Aqua Aerobics
9.00pm – 10.15pm	Triathlon Club

Thursday

6.30am – 8.30am	General Use (Premium Session)
8.30am – 10.15am	General Use
10.15am – 12.00pm	Splash Time
12.00pm – 2.00pm	General Use
2.00pm – 3.45pm	Splash Time
3.45pm – 7.00pm	General Use & Swimming Lessons
7.00pm – 8.30pm	Farnham Swim Club & General Use
8.30pm – 10.00pm	Over 18's Premium Session

Friday

9.00am – 10.15am	General Use
10.15am – 12.00pm	Splash Time
12.00pm – 2.00pm	General Use
2.00pm – 3.45pm	Splash Time
3.45pm – 8.00pm	Swimming Lessons & General Use
8.05pm – 8.50pm	Aqua Aerobics
9.00pm – 10.15pm	Private Club Use

Saturday

9.00am – 10.00am	Disabled Club
10.00am – 11.20am	Swimming Lessons & General Use
11.00am – 12.30pm	Splash Time
12.30pm – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.30pm – 4.55pm	General Use
4.55pm – 6.00pm	Swimming Lessons & General Use
6.00pm – 6.35pm	Swimming Lessons
6.35pm – 10.00pm	Available For Private Hire/Pool Parties

Sunday

8.00am – 9.00am	Triathlon Club
9.00am – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.30pm – 5.00pm	General Use
5.00pm – 9.15pm	Farnham Swim Club

Junior/Teaching Pool

Monday

9.00am – 12.05pm	Swimming Lessons
12.05pm – 2.00pm	General Use
2.00pm – 3.05pm	Splash Time
3.05pm – 6.35pm	Swimming Lessons
6.35pm – 8.30pm	General Use
8.30pm – 10.00pm	Swimming Lessons

Tuesday

9.00am – 10.15am	Swimming Lessons
10.15am – 12.00pm	Splash Time
12.00pm – 2.00pm	General Use
2.00pm – 3.05pm	Splash Time
3.05pm – 6.35pm	Swimming Lessons

Wednesday

8.30am – 12.05pm	Swimming Lessons
12.05pm – 2.00pm	General Use
2.00pm – 3.00pm	Closed (Staff Training)
3.00pm – 6.00pm	Swimming Lessons
6.00pm – 7.30pm	General Use

Thursday

9.00am – 10.15am	Swimming Lessons
10.15am – 12.00pm	Splash Time
12.00pm – 3.05pm	General Use
3.10pm – 6.00pm	Swimming Lessons
6.00pm – 8.30pm	General Use

Friday

9.00am – 11.15am	Swimming Lessons
11.15am – 12.00pm	Splash Time
12.00pm – 1.25pm	General Use
1.25pm – 6.00pm	Swimming Lessons
6.00pm – 8.00pm	General Use

Saturday

10.30am – 11.00am	General Use
11.00am – 12.30pm	Splash Time
12.30pm – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.30pm – 4.55pm	General Use
4.55pm – 6.30pm	Swimming Lessons

Sunday

9.00am – 2.30pm	General Use
2.30pm – 4.30pm	Splash Time
4.30pm – 5.00pm	General Use

At certain times there may be restricted use in the main pool due to swimming lessons and lane swimming. Bank Holiday Opening Times on ALL Bank Holidays will be 10am – 5pm. (Splash Time session times on Bank Holiday Mondays are the same times as in holiday timetable above.) Free Swimming is only available during general use sessions. Terms and conditions apply, please contact 01252 723208 for more information.

Timetable Term Time

Main Pool

Monday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	School Swim
10.00am – 11.00am	Parent & Toddler
10.00am – 12.00pm	OAP Swim
12.00pm – 1.30pm	Adult Lane
1.30pm – 6.00pm	General Swim
6.00pm – 8.30pm	Godalming Swim Club
8.30pm – 10.00pm	Adult Lane

Tuesday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	School Swim
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.20pm	Adult Lane
1.20pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 7.45pm	Wey Valley Swim Club
7.50pm – 8.35pm	Aqua Fit
8.35pm – 10.00pm	Adult Only

Wednesday

6.15am – 8.30am	Early Riser
8.30am – 12.00pm	School Swim
12.00pm – 1.30pm	Adult Lane
1.30pm – 6.00pm	General Swim
6.00pm – 10.00pm	Godalming Swim Club

Thursday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	School Swim
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.20pm	Adult Lane
1.20pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 8.15pm	Wey Valley Swim Club
8.20pm – 10.00pm	Adult Only

Friday

6.15am – 8.30am	Early Riser
8.30am – 12.00pm	School Swim
12.00pm – 1.30pm	Adult Lane
1.30pm – 2.30pm	General Swim
2.30pm – 4.00pm	Staff Training
4.00pm – 6.00pm	General Swim
6.00pm – 9.00pm	Godalming Swim Club

Saturday

7.30am – 9.00am	General Swim
9.00am – 12.00pm	Swimming Lessons
12.00pm – 2.00pm	General Swim
2.00pm – 5.00pm	Wey Valley Swim Club
5.00pm – 6.00pm	Private Hire

Sunday

7.30am – 12.00pm	General Swim
12.00pm – 1.30pm	Adult Lane
1.30pm – 5.00pm	General Swim
5.00pm – 7.00pm	Wey Valley Swim Club
7.00pm – 8.00pm	Godalming Swim Club

During General Swim Sessions part of the swimming pool may be sectioned off for private hire.



Timetable Holiday

Main Pool

Monday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Intensive Swimming Course
10.00am – 11.00am	Parent & Toddler
10.00am – 12.00pm	OAP Swim
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun Splash with Inflatable
3.30pm – 6.00pm	General Swim
6.00pm – 8.30pm	Godalming Swim Club
8.30pm – 10.00pm	Adult Lane

Tuesday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Intensive Swimming Course
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun with Floats, Mats & Rings
3.20pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 7.45pm	Wey Valley Swim Club
7.50pm – 8.35pm	Aqua Fit
8.35pm – 10.00pm	Adult Only

Wednesday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Intensive Swimming Course
10.15am – 11.45am	Fun with Floats, Mats & Rings
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun Splash with Inflatable
3.30pm – 6.00pm	General Swim
6.00pm – 10.00pm	Godalming Swim Club

Thursday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Intensive Swimming Course
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun Splash with Inflatable
3.30pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 8.15pm	Wey Valley Swim Club
8.20pm – 10.00pm	Adult Only

Friday

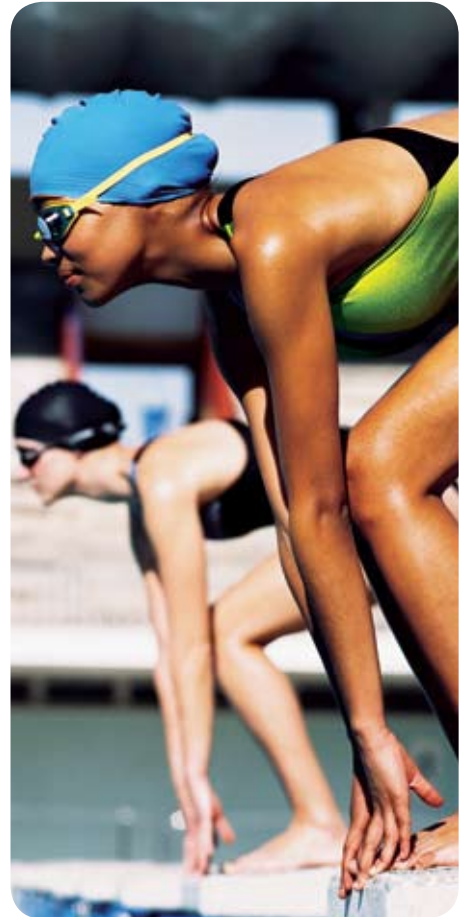
6.15am – 8.30am	Early Riser
8.30am – 10.00am	Intensive Swimming Course
10.15pm – 11.45pm	Fun with Floats, Mats & Rings
12.00pm – 1.30pm	Adult Lane
1.30pm – 2.30pm	General Swim
2.30pm – 4.00pm	Staff Training
4.00pm – 6.00pm	General Swim
6.00pm – 9.00pm	Godalming Swim Club

Saturday

7.30am – 9.00am	General Swim
9.00am – 12.00pm	Swimming Lessons
12.00pm – 2.00pm	General Swim
2.00pm – 5.00pm	Wey Valley Swim Club
5.00pm – 6.00pm	Private Hire

Sunday

7.30am – 12.00pm	General Swim
12.00pm – 1.30pm	Adult Lane
1.30pm – 5.00pm	General Swim
5.00pm – 7.00pm	Wey Valley Swim Club
7.00pm – 8.00pm	Godalming Swim Club



General swim sessions are available 08.30am - 10.00am on weekdays.

Please note that the Centre is only open between 9.00am - 6.00pm on Bank Holidays.

Timetable Term Time

Main Pool

Monday

- 6.00am – 8.00am ■ Lane Swimming / HSC
- 8.00am – 9.30am ■ General Use
- 9.30am – 10.30am ■ General Use/ Aqua Fit
- 10.30am – 11.30am ■ General Use/ Lessons
- 11.30am – 2.30pm ■ General Use/ Schools
- 2.30pm – 3.30pm ■ General Use
- 3.30pm – 4.45pm ■ General Use/ Lessons
- 5.00pm – 6.00pm ■ HSC/ Lessons
- 6.00pm – 7.30pm ■ General Use/ HSC
- 7.30pm – 8.30pm ■ Aqua Fit
- 8.30pm – 10.00pm ■ General Use

Tuesday:

- 6.00am – 8.00am ■ Lane Swimming/ HSC
- 8.00am – 9.30am ■ General Use
- 9.30am – 12.30pm ■ General Use/ Schools
- 12.30pm – 2.00pm ■ General Use
- 2.00pm – 3.00pm Staff Training POOL CLOSED
- 3.00pm – 4.00pm ■ General Use/ Schools
- 4.00pm – 4.45pm ■ General Use/ Lessons
- 5.00pm – 6.00pm ■ HSC/ Lessons
- 6.00pm – 7.30pm ■ General Use/ HSC
- 7.30pm – 8.30pm ■ HSC/ Aqua Fit
- 8.30pm – 10.00pm ■ General Use

Wednesday:

- 6.00am – 8.00am ■ Lane Swimming/ HSC
- 8.00am – 11.00am ■ General Use
- 11.00am – 12.00pm ■ General Use/ Schools
- 12.00pm – 3.30pm ■ General Use
- 15.30pm – 4.45pm ■ General Use/ Lessons
- 5.00pm – 6.00pm ■ HSC/ Lessons
- 6.00 – 8.30pm ■ General Use/ HSC
- 8.30pm – 10.00pm ■ General Use/ Lessons

Thursday:

- 6.00am – 8.00am ■ Lane Swimming/ HSC
- 8.00am – 9.30am ■ General Use
- 9.30am – 10.30am ■ General Use/ Aqua Fit
- 10.30am – 1.30pm ■ General Use
- 1.30pm- 2.30pm ■ General Use/ schools
- 2.30pm – 4.00pm ■ General Use
- 4.00pm – 7.00pm ■ Lessons
- 7.00pm – 8.00pm ■ Midhurst Swimming Club
- 6.00pm – 7.00pm ■ General Use
- 8.00pm – 9.00pm ■ General Use
- 9.00pm – 10.00pm ■ Sub Aqua

Friday:

- 6.00am – 8.00am ■ Lane Swimming/ HSC
- 8.00am – 1.30pm ■ General Use
- 1.30pm – 2.30pm ■ General Use/ School
- 2.30pm – 4.00pm ■ General Use
- 4.00pm – 4.45pm ■ General Use/ Lessons
- 5.00pm – 7.00pm ■ HSC
- 7.00pm – 8.00pm ■ Petworth Swimming Club
- 8.00pm – 10.00pm ■ General Use

■ Whole Pool ■ Half Pool

Saturday:

- 7.00am – 9.00am ■ HSC
- 9.00am – 11.30am ■ General Use/ Lessons
- 11.30am – 3.00pm ■ General Use
- 3.00pm – 4.00pm ■ Fun Session
- 4.00pm – 5.00pm ■ Party Hire
- 5.00pm – 7.00 ■ HSC

Sunday:

- 7.00am – 9.00am ■ General Use/ HSC
- 9.00am – 2.00pm ■ General Use
- 2.00pm – 3.00pm ■ Fun Session
- 3.00pm – 4.45pm ■ General Use
- 5.00pm – 8.00pm ■ HSC

Junior Pool

Monday:

- 9.00am – 10.00am General Use
- 10.00am – 12.00pm Toddlers Splash Session
- 12.00pm – 1.00pm General Use
- 1.00pm – 6.00pm Lessons & Schools
- 6.00pm – 8.00pm General Use

Tuesday:

- 9.00am – 12.00pm Lessons
- 12.00pm – 1.30pm General Use
- 1.30pm – 6.00pm Lessons & Schools
- 6.00pm – 8.00pm General Use

Wednesday:

- 9.00am – 12.00pm Lessons
- 12.00pm – 2.00pm Toddler Splash Session
- 2.00pm – 6.00pm Lessons
- 6.00pm – 8.00pm General Use

Thursday:

- 9.00am -10.00am General Use
- 10.00am – 12.00pm Toddlers Splash Session
- 12.00pm – 3.30pm General Use
- 3.30pm – 6.00pm Lessons
- 6.00pm – 7.00pm General Use
- 7.00pm – 8.00pm Midhurst Swimming Club

Friday:

- 09.00am – 10.15am Lessons
- 10.15am – 12.00pm Toddler Splash Session
- 12.00pm – 6.00pm Lessons
- 6.00pm – 8.00pm General Use

Saturday:

- 8.30am – 11.00am Lessons
- 11.00am – 3.00pm General Use
- 3.00pm – 4.00pm Fun Session
- 4.00pm – 5.00pm General Use
- 5.00pm – 6.00pm HSC
- 6.00pm – 7.00pm Party Hire

Sunday:

- 9.00am – 2.00pm General Use
- 2.00pm – 3.00pm Fun Session
- 3.00pm – 5.00pm General Use
- 5.00pm – 6.00pm Party Hire

Holiday Swimming Pool Programme

Main Pool

Monday

6.00am – 8.00am ■ Lane Swimming/ HSC
 8.00am – 9.30am ■ General Use
 9.30am – 10.30am ■ General Use/ aqua Fit
 10.30am -11.30am ■ General Use/ lessons
 11.30am – 2.00pm ■ General Use
 2.00pm – 3.00pm ■ Fun Swim
 3.00pm – 3.30pm ■ General Use
 3.30 – 4.45pm ■ General Use/ Lessons
 5.00pm – 6.00pm ■ HSC/ Lessons
 6.00pm – 7.30pm ■ General Use/ HSC
 7.30pm – 8.30pm ■ Aqua Fit
 8.30pm – 10.00pm ■ General Use

Tuesday:

6.00am – 8.00am ■ Lane Swimming/ HSC
 8.00 am – 2.00pm ■ General Use
 2.00pm – 3.00pm ■ Staff Training POOL CLOSED
 3.00pm – 4.00pm ■ General Use
 4.00pm – 4.45pm ■ General Use/ Lessons
 5.00pm – 6.00pm ■ HSC/ Lessons
 6.00pm – 7.30pm ■ General Use/ HSC
 7.30pm – 8.30pm ■ HSC/ Aqua Fit
 8.30pm – 10.00pm ■ General Use

Wednesday:

6.00am – 8.00am ■ Lane Swimming/ HSC
 8.00am – 2.00pm ■ General Use
 2.00pm – 3.00pm ■ Fun Swim
 3.00pm – 3.30pm ■ General Use
 3.30pm – 4.45pm ■ General Use/ Lessons
 5.00pm – 6.00pm ■ HSC/ Lessons
 6.00pm – 8.30pm ■ General Use/ HSC
 8.30pm – 10.00pm ■ General Use/ lessons

Thursday:

6.00am – 8.00am ■ Lane Swimming/ HSC
 8.00am – 9.30am ■ General Use
 9.30am – 10.30am ■ General Use/ Aqua Fit
 10.30am – 4.00pm ■ General Use
 4.00pm – 7.00pm ■ General Use/ Lessons
 7.00pm – 9.00pm ■ General Use
 9.00pm – 10.00pm ■ Sub Aqua

Friday:

6.00am – 8.00am ■ Lane Swimming/ HSC
 8.00am – 4.00pm ■ General Use
 16.00pm – 4.45pm ■ General Use/ lessons
 5.00pm – 7.00pm ■ HSC
 7.00pm – 8.00pm ■ Petworth Swimming Club
 8.00pm – 10.00pm ■ General Use

Saturday:

7.00am – 9.00am ■ HSC
 9.00am – 11.30am ■ General Use/ lessons
 11.30am – 3.00pm ■ General Use
 3.00pm – 4.00pm ■ Fun Session
 4.00pm – 5.00pm ■ Party Hire
 5.00pm – 7.00pm ■ HSC

Sunday:

7.00am – 9.00am ■ General Use/ HSC
 9.00am – 2.00pm ■ General Use
 2.00pm – 3.00pm ■ Fun Session
 3.00pm – 4.45pm ■ General Use
 5.00pm – 8.00pm ■ HSC

Junior Pool

Monday:

9.00am – 10.00am ■ General Use
 10.00am – 12.00pm ■ Toddlers Splash Session
 12.00pm – 1.00pm ■ General Use
 1.00pm – 6.00pm ■ Lessons
 6.00pm – 8.00pm ■ General Use

Tuesday:

9.00am – 10.00am ■ Lessons
 10.00am – 1.30pm ■ General Use
 1.30pm – 6.00pm ■ Lessons
 6.00pm- 8.00pm ■ General Use

Wednesday:

9.00am – 10.00am ■ Lessons
 10.00am – 12.00pm ■ General Use
 12.00pm – 2.00pm ■ Toddler Splash Session
 2.00pm – 6.00pm ■ Lessons
 6.00pm – 8.00pm ■ General Use

Thursday:

9.00am -10.00am ■ Lessons
 10.00am – 12.00pm ■ Toddlers Splash Session
 12.00pm – 2.00pm ■ General Use
 2.00pm – 3.00pm ■ Fun Session
 3.00pm – 3.30pm ■ General Use
 3.30pm – 6.00pm ■ Lessons
 6.00pm – 8.00pm ■ General Use

Friday:

9.00am – 10.00am ■ Lessons
 10.00am – 12.00pm ■ Toddler Splash Session
 12.00pm – 12.30pm ■ General Use
 12.30pm -1.30pm ■ Lessons
 1.30pm – 2.30pm ■ General Use
 2.30pm – 6.00pm ■ Lessons
 6.00pm – 8.00pm ■ General Use

Saturday:

8.30am – 11.00am ■ Lessons
 11.00am – 3.00pm ■ General Use
 3.00pm – 4.00pm ■ Fun Session
 4.00pm – 5.00pm ■ General Use
 5.00pm – 6.00pm ■ HSC
 6.00pm – 7.00pm ■ Party Hire

Sunday:

9.00am – 2.00pm ■ General Use
 2.00pm- 3.00pm ■ Fun Session
 3.00pm – 5.00pm ■ General Use
 5.00pm – 6.00pm ■ Party Hire

Toddlers Splash Session is for under 5s accompanied by a parent or carer 18+ years). This is a confidence building session with toys and floats. Armbands are available for purchase. At busy times a short wait may be necessary.

Please note: The Holiday Swimming Programme will be taking place during the holiday periods listed below.

27th July 09 – 28th August 09

- Lane Swimming
- Specialised Activity
- Lessons/Classes
- General Public Swimming
- Private Party Hire

Key:

Aqua – Aquacise classes
 HSC – Haslemere Swimming Club

Please note that the timetable is subject to change. Free swimming is only available during general use session for those aged 16 and under, and 16 and over. Terms and conditions apply.



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Farnham Sports Centre	01252 711119
Godalming Leisure Centre	01483 417282
Hérons Leisure Centre	01428 658484



Classes



Swimming



Gym



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Complete your details below and hand this slip into reception to enter our monthly free prize draw for 1 month’s all inclusive membership. The monthly winner will be notified in writing by the 10th day of the following month. GOOD LUCK!

Name: Address:

Tel No: Mob No: Email:

*prize draw open to non-members only.

Tick here to opt out of our marketing list. DC Leisure Management Ltd and its subsidiary companies holds your data in accordance with its data protection policy. Contact reception for details.