



CHARTHAM PARK POOL PROGRAMME

MARCH - APRIL 2020

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun														
06.30	Adults Only 06.30 - 11.00	Adults Only 06.30 - 11.00	Adults Only 06.30 - 11.00	Adults Only 06.30 - 11.00	Adults Only 06.30 - 11.00	Opens 07.30															
07.00						Adults Only 07.30 - 11.00	Adults Only 07.30 - 11.00														
07.30																					
08.00																					
08.30																					
09.00																					
09.30	Aqua 09.30 - 10.15	Aqua 09.15 - 10.00	Aqua 09.15 - 10.00	Aqua 09.15 - 10.00	Aqua 09.15 - 10.00	Adults Only 07.30 - 11.00	Adults Only 07.30 - 11.00														
10.00		Aqua 10.10 - 10.55	Aqua 10.15 - 11.00																		
10.30																					
11.00	Family Time	Swim School	Family Time	Family Time	Swim School			Family Time	Family Time												
11.30																					
12.00																					
12.30																					
13.00						Swim School	Family Time			Family Time	Family Time	Family Time	Family Time	Family Time							
13.30	Aqua 13.00 - 13.45	Family Time	Family Time	Family Time	Family Time			Family Time													
14.00	Family Time								Family Time						Family Time	Family Time	Family Time	Family Time			
14.30																					
15.00																					
15.30																					
16.00		Lanes: Swim School	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time													
16.30	Splash Time 16.00 - 17.00																				
17.00	Lanes: Swim School								Family Time	Family Time	Family Time	Family Time	Family Time								
17.30																					
18.00														Aqua Zumba 18.15 - 19.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 17.00-19.30	Adults Only 17.00-21.00	
18.30																					
19.00		Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 17.00-19.30	Adults Only 17.00-21.00													
19.30	Aqua 19.00-19.45																				
20.00	Adults Only 18.00 - 22.00								Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 17.00-19.30								Adults Only 17.00-21.00
20.30														Closes 19.30	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 17.00-19.30	Adults Only 17.00-21.00	
21.00																					
21.30																					

Swim School - we offer both group & 1-2-1 lessons for children & adults of all abilities with our qualified swimming instructors. See reception or our Swim School Co-Ordinator for more details.

Aqua - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

Health Club Opening Times:
 6.30am - 10.00pm Weekdays
 7.30am - 7.30pm Saturdays
 7.30am - 9.00pm Sundays