

WOODBURY PARK POOL PROGRAMME

MARCH - APRIL 2020

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
06.00	Adults Only 06.30-10.00	Adults Only 06.30-10.00	Adults Only 06.30-10.00	Adults Only 06.30-10.00	Adults Only 06.30-10.00	Adults Only 07.00-09.00	Adults Only 07.00-09.00
06.30							
07.00							
07.30							
08.00							
08.30							
09.00	Aqua 09.15-10.00 10.00-10.45	Swim School 10.30-11.00	Aqua 10.00-10.45	Aqua 09.15-10.00 10.00-10.45			
09.30							
10.00							
10.30							
11.00							
11.30						Splash Time 11.30-12.30	Splash Time 11.30-12.30
12.00		Aqua 12.00-12.45					
12.30							
13.00							
13.30							
14.00							
14.30							
15.00			Aqua 15.00-15.45		Aqua 15.00-15.45		
15.30							
16.00			Swimming Lessons 16.00-18.00	Swimming Lessons 16.00-18.00			
16.30							
17.00							
17.30							
18.00				Aqua 18.15-19.00			
18.30							
19.00	Adults Only 19.00-21.30	Adults Only 19.00-21.30	Adults Only 19.00-21.30	Adults Only 19.00-21.30	Adults Only 19.00-21.30	Adults Only 19.00-21.00	Adults Only 19.00-21.00
19.30							
20.00							
20.30							
21.00							
						Closes 21.00	

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:
06.30 - 21.30 Weekdays
07.00 - 21.00 Weekends

Two swimming lanes available 6:30am-9:00am Monday-Friday. One lane available at all other times, except during Aqua, Swimming Lessons and Splash Times. Splash Time is a supervised time on poolside, with floats available for use. These floats are only available during these supervised times. There may be restrictions on certain pool areas during tuition times. Private swimming lessons may operate outside of the scheduled timetable.