



CASTLE ROYLE MAIN POOL PROGRAMME

MARCH - APRIL 2019

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun				
06.30	Adult Only 06.30 - 15.00	Adult Only 06.30 - 15.00	Adult Only 06.30 - 15.00	Adult Only 06.30 - 15.00	Adult Only 06.30 - 15.00	Opens 07.30					
07.00											
07.30											
08.00											
08.30											
09.00											
09.30						Aqua 09.40 - 10.25	Aqua 10.00 - 10.45	Aqua 10.15 - 11.00	Adult Only 07.30 - 11.00	Adult Only 07.30 - 11.00	
10.00											
10.30						Aqua 11.15 - 12.00			Aqua 12.35 - 13.20		Swimming Lessons Family Splash 11.00 - 18.00
11.00											
11.30											
12.00											
12.30											
13.00											
13.30											
14.00											
14.30											
15.00	Swimming Lessons Family Time 15.00 - 18.00	Swimming Lessons Family Time 15.00 - 18.00	Swimming Lessons Family Time 15.00 - 18.00	Swimming Lessons Family Time 15.00 - 18.00	Swimming Lessons Family Time 15.00 - 18.00						
15.30											
16.00											
16.30											
17.00						Family Splash 17.00 - 18.00					
17.30											
18.00	Adult Only 18.00 - 22.00	Adult Only 18.00 - 22.00	Adult Only 18.00 - 22.00	Aqua 18.45-19.30	Adult Only 18.00 - 22.00	Adult Only 18.00 - 21.00					
18.30											
19.00											
19.30											
20.00											
20.30											
21.00							Closes 21.00	Closes 21.00			
21.30											

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.

Training and Splash Pool
Open 9.00am-6.00pm every day

Family Times and Splash Times
- lane restrictions apply

Health Club Opening Times
6.30am - 10.00pm Weekdays
7.30am - 9.00pm Weekends

Notes: Children under the age of 8 must be supervised in the pool at all times. Children 8yrs to 15yrs inclusive must be supervised by a parent within the pool area at all times. Floats will be available during family splash times. Swim School will take priority in the children's training pool.