



CHARTHAM PARK POOL PROGRAMME

MARCH - APRIL 2019

	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							
07.30							
08.00							
08.30							
09.00	Aqua 09.30 - 10.15	Aqua 09.15 - 10.00	Aqua 09.15 - 10.00	Aqua 10.15 - 11.00	Adults Only 07.30 - 11.00	Adults Only 07.30 - 11.00	
09.30							
10.00							
10.30		Aqua 10.10 - 10.55	Aqua 10.10 - 10.55				
11.00	Family Time	Swim School	Family Time	Family Time			Swim School
11.30							
12.00							
12.30	Swim School	Family Time	Family Time	Aqua 12.30 - 13.15	Family Time	Splash Time 13.00 - 14.00	Splash Time 13.00 - 14.00
13.00							
13.30							
14.00							
14.30							
15.00	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time
15.30							
16.00							
16.30							
17.00							
17.30	Lanes: Swim School	Family Time	Family Time	Splash Time 16.00 - 17.00	Lanes: Swim School	Family Time	Family Time
17.30							
18.00							
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							
19.30							
20.00							
20.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Aqua Zumba 19.00-19.45	Adults Only 18.00 - 22.00	Closes 19.30	Closes 21.00
20.30							
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