

MAPLEDURHAM 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 07.00	
07.00						Adults Only 07.00 - 11.00	Adults Only 07.00 - 11.00
07.30							
08.00							
08.30							
09.00							
09.30							
10.00	Aqua		Aqua	Aqua	Aqua		
10.30	10.15 - 11.00		10.15 - 11.00	10.15 - 11.00	10.15 - 11.00		
11.00							
11.30	Pre School Swimming Lessons 11.30 - 13.30 <small>part of main pool restricted</small>				Swim Fit 11.30-12.30		
12.00						Splash 12.00 - 15.00	Splash 12.00 - 15.00
12.30			Swim Fit 12.30-13.30				
13.00				Pre School Swimming Lessons 13.00-14.30 <small>part of main pool restricted</small>			
13.30							
14.00							
14.30		Aqua 14.45 - 15.30					
15.00				Aqua 15.00 - 15.45			
15.30							
16.00	Splash 16.00 - 18.00	Swimming Lessons 16.00 - 18.00	Swimming Lessons 16.00 - 18.00	Swimming Lessons 16.00 - 18.00	Swimming Lessons 16.00 - 18.00	Adults Only 17.00 - 19.00	Adults Only 17.00 - 21.00
16.30							
17.00							
17.30							
18.00							
18.30	Aqua 18.30 - 19.15	Swim Fit 18.30-19:30	Aqua 18.30 - 19.15				
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 18.00 - 22.00	Closes 19.00	Closes 21.00
19.30							
20.00							
20.30							
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.

CHILDREN'S SWIMMING LESSONS
Pool closed to children's recreational swimming during after school swimming lessons.

FAMILY SWIM & SPLASH
Monday Splash 4.00pm-6.00pm
Saturday Splash 12 noon-3.00pm
Sunday Splash 12 noon-3.00pm

HEALTH CLUB OPENING TIMES
6.30am - 10.00pm Weekdays
7.00am - 7.00pm Saturdays
7.00am - 9.00pm Sundays