



THE  
TYTHERINGTON  
CLUB

# THE TYTHERINGTON POOL PROGRAMME

MARCH - APRIL 2019

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
06.30	Adults Only 06.30 - 9.00	Adults Only 06.30 - 09.00	Adults Only 06.30 - 09.00	Adults Only 06.30 - 09.00	Adults Only 06.30 - 09.00	Opens 07.30		
07.00						Adults Only 07.30 - 09.00	Adults Only 07.30 - 09.00	
07.30								
08.00								
08.30								
09.00					2-4 yrs Swim School 09.00 - 10.00	3+ yrs Swim School 09:00-13:00		
09.30	Aqua 09.30 - 10.15			Aqua 09.30 - 10.15				
10.00					12wks-3yrs Swim 10.00 - 11.30			
10.30								
11.00		Aqua 11.00 - 11.45						Family Splash 11.00 - 12.30
11.30								
12.00								
12.30								
13.00			Aqua 12.45 - 13.30					
13.30					Aqua 13.00 - 13.45			
14.00								
14.30								
15.00	3+ yrs Swim School 15.00 - 19.00	3+ yrs Swim School 15.30 - 19.30	3+ yrs Swim School 15.30 - 19.30	3+ yrs Swim School 15:30 - 19:00	3+ yrs Swim School 16.00 - 18.00	Family Splash 15.00 - 16.30		
15.30								
16.00								
16.30								
17.00								
17.30					Family Splash 18.00 - 19.00			
18.00						Adults Only 18.00 - 20.00	Adults Only 18.00 - 21.00	
18.30								
19.00								
19.30	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00			
20.00								
20.30								
21.00								
21.30								
						Closes 20.00	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.

**Notes** - Family Splash Sessions are the supervised times on poolside, where floats are available for use. The floats will only be available during supervised splash times. The pool is supervised Friday 18.00-19.00, Saturday 15.00-16.30 and Sundays 11.00-12.30.

During tuition times there may be some restrictions on certain pool areas. Private swim lessons may operate outside of the scheduled timetable. Swimming lessons are subject to change during school holidays.

**Health Club Opening Times:**  
6.30am - 10.00pm Weekdays  
7.30am - 8.00pm Saturdays  
7.30am - 9.00pm Sundays