

Pool Opening Times

MONDAYS

7.00am – 10.00am	Lane Swimming (M/Pool Only)
10.30am – 12.00pm	School Use
12.00pm – 5.30pm	Public Swim (Main & Baby Pool)
6.00pm – 7.00pm	Lane Swimming (16+) (Main Pool)
7.00pm – 8.00pm	Ladies Workout (Main Pool)
8.00pm – 9.00pm	Ladies Only Lane Swimming (Main Pool)
9.00pm – 10.00pm	Moonlight Swim (Main Pool)

TUESDAYS

7.00am – 9.30am	Lane Swimming (M/Pool Only)
9.00am – 11.00am	Parent & Child (Fun & Baby Pool)
9.45am – 10.45am	Gentle Water workout (M/Pool Only)
11.00am – 12.00pm	50+ swimming (Main Pool)
12.00pm – 4.00pm	Public Swim (Main & Baby Pool)
4.00pm – 6.30pm	Children's Swimming Lessons
6.30pm – 10.00pm	Public Swimming (All Pools)

WEDNESDAYS

7.00am – 9.45am	Lane Swimming (M/Pool Only)
10.00am – 12.00pm	School Use
12.00pm – 2.00pm	Public Swim (Main & Baby Pools)
2.00pm – 3.00pm	Gentle Water Workout & Lap Lane
3.00pm – 5.30pm	Public Swim (Main & Baby Pools)
4.00pm – 5.30pm	Children's Swimming Lessons (Fun Pool)
5.30pm – 7.30pm	Felixstowe Swimming Club
7.30pm – 8.00pm	Adult Lessons (Main Pool)
8.00pm – 9.00pm	Aqua Fit (Main Pool)
8.00pm – 10.00pm	Lane Swimming (16+) (Main Pool)

Under 8's Swimming Policy:

Children under 8 years of age must be accompanied by a parent/guardian 18 years and over in the pool and changing areas.

A ratio of no more than 2 children per adult is allowed in the water.

THURSDAYS

7.00am – 8.30am	Lane Swimming (M/Pool Only)
8.30am – 10.00am	50+ Swimming (M/Pool Only)
10.00am – 12.00pm	Parent & Child (Fun & Baby Pool)
10.00am – 12.00pm	Ladies only (M/Pool Only)
11.00am – 12.00pm	Aqua Fit (Half Pool)
12.00pm – 4.00pm	Public Swim (Main & Baby Pool)
4.00pm – 6.30pm	Child Swimming Lessons
6.30pm – 10.00pm	Public Swimming (All Pools)

FRIDAYS

7.00am – 8.45am	Lane Swimming (M/Pool Only)
9.00am – 11.30am	School Use
12.00pm – 2.00pm	Public Swim (Main & Baby Pool)
2.00pm – 3.00pm	Gentle Water Workout & Lap Lane
3.00pm – 4.30pm	Lane Swimming (half pool)
3.00pm – 4.30pm	The Big Splash (Swimming for people with disabilities)
4.30pm – 6.00pm	Public Swimming (M/Pool & Baby Pool & Flume)
6.00pm – 7.00pm	Staff Training & Lap Lane
7.00pm – 10.00pm	Felixstowe Swimming Club

SATURDAYS

8.30am – 11.00am	Swimming Lessons (All Pools)
11.00am – 1.00pm	Public Swimming + Lap Lane
1.15pm – 2.30pm	Super splash (All Pools Flume & Inflatable)
2.45pm – 4.30pm	Family Swim
4.45pm – 6.15pm	People With Disabilities Swimming Club

SUNDAYS

9.00am – 10.00am	50+ Swimming (M/Pool Only)
10.00am – 1.30pm	Family Swim
11.30am – 1.00pm	Public Swim + lap lane
1.15pm – 2.30pm	Super splash (All Pools Flume & Inflatable)
2.45pm – 6.30pm	Public Swimming
7.00pm – 10.00pm	Felixstowe Swimming Club

This timetable is correct at time of print but may change due to circumstances beyond our control



Pool Session Descriptions

- **Lane Swimming:** A structured lane session available to all with the ability to swim lengths. Ideal for those wanting to swim for fitness or to have a relaxing swim, lanes available for all abilities and speed of swimmer.
- **Family Swim:** A session for children accompanied by a parent/guardian. All children must be accompanied by a parent/guardian.
- **Gentle Water workout:** An aerobics session in the pool for those who want to exercise at their own pace, ideal for those recovering from injury or getting back into exercise. You will improve your stamina, strength and suppleness as well as increasing cardiovascular fitness. Unlike aerobics on land Aqua Fit is low – impact and the cushioning effect of the water protects joints in the spine, ankle, hip and knees. It is suitable for people of all ages and abilities as participants can work at a variety of levels by increasing effort and using resistive equipment.
- **Aqua Fit:** An aerobics session in the pool that can maintain and improve stamina, strength and suppleness as well as increase cardiovascular fitness. Unlike aerobics on land Aqua Fit is low – impact and the cushioning effect of the water protects joints in the spine, ankle, hip and knees. It is suitable for people of all ages and abilities as participants can work at a variety of levels by increasing effort and using resistive equipment.
- **Parent and child:** A session for parents and children (under 5 years) with toys and floats (subject to availability). All children must be accompanied by a parent)
- **Super – splash:** Various fun water features for children (age restrictions may apply please contact the centre)
- **Moonlight Swim:** A relaxation session in the main pool aimed at people who just want to wind down after a hard day at work. Music and low level lighting.



Please Note:

Tuesday & Thursday baby pool / flume closes at 8pm

Tuesday & Thursday Fun pool closes at 9pm.