

SWIMMING POOLS "TERM TIME" PROGRAMME

Leiston Leisure Centre

MONDAY

7.00am - 8.30am	'EARLY BIRDS' (m/pool only)
9.00am - 4.00pm	PUBLIC SWIMMING (m/pool)
11.30am - 12.30pm	TADPOLE SWIMMING LESSONS (t/pool)
1.30pm - 3.00pm	PARENT & CHILD SESSION (t/pool)
4.00pm - 6.00pm	CHILDREN'S SWIMMING LESSONS
6.00pm - 7.30pm	PUBLIC SWIMMING (both pools)
7.30pm - 8.30pm	CLUB USE
8.30pm - 10.00pm	LIFESAIVING CLASSES

TUESDAY

7.00am - 8.30am	'EARLY BIRDS' (m/pool only)
9.00am - 12noon	SCHOOLS USE
12.00pm- 3.30pm	PUBLIC SWIMMING (both pools)
3.30pm - 4.30pm	SCHOOLS USE
4.30pm - 5.30pm	CHILDREN'S SWIMMING LESSONS
5.30pm - 7.00pm	PUBLIC SWIMMING (both pools)
7.00pm - 8.00pm	LADIES WATER WORKOUT
8.00pm - 9.00pm	LADIES ONLY SWIMMING (m/pool only)
9.00pm - 10.00pm	ADULTS ONLY SWIMMING (m/pool only)

WEDNESDAY

7.00am - 8.30am	'EARLY BIRDS' (m/pool only)
9.00am - 12noon	SCHOOLS USE
12.00pm- 3.00pm	PUBLIC SWIMMING (both pools)
3.00pm - 4.00pm	'BIG SPLASH' Swimming For People With Disabilities
4.15pm - 5.15pm	CHILDREN'S FUN SESSION (8-15 years swimmers)
5.30pm - 7.30pm	CLUB USE / FITNESS SWIMMING
7.30pm - 10.00pm	PUBLIC SWIMMING (both pools)

THURSDAY

7.00am - 8.30am	'EARLY BIRDS' (m/pool only)
9.00am - 10.30am	50+ SWIMMING (m/pool only)
10.30am- 7.00pm	PUBLIC SWIMMING (both pools)
2.00pm - 3.00pm	WATER WORKOUT (1/2 Main Pool)
7.00pm - 8.30pm	ADULT SWIMMING LESSONS
8.30pm - 10.00pm	ADULTS ONLY SWIMMING (m/pool only)

FRI DAY

7.00am - 8.30am	'EARLY BIRDS' (m/pool only)
9.00am - 4.00pm	PUBLIC SWIMMING (m/pool)
10.00am- 12noon	PARENT & CHILD SESSION (t/pool)
1.00pm - 3.00pm	TADPOLE LESSONS (t/pool)
4.00pm - 6.00pm	CHILDREN'S SWIMMING LESSONS
6.00pm - 7.25pm	PUBLIC SWIMMING (both pools)
7.30pm - 10.00pm	CLUB USE

SATURDAY

8.30am - 11.00am	SWIMMING LESSONS
11.00am- 4.30pm	PUBLIC SWIMMING (both pools)
4.30pm - 5.30pm	PEOPLE WITH DISABILITIES SWIMMING CLUB
6.00pm - 10.00pm	POOLS AVAILABLE FOR HIRE

SUNDAY

9.00am - 10.00am	50+ SWIMMING (m/pool only)
10.00am- 6.00pm	PUBLIC SWIMMING (both pools)
6.00pm - 9.00pm	CLUB USE

**Both pools open during all public sessions. Under 8 year olds must be supervised by an adult. (16yrs+)
No more than 2 under 8's per adult. (16yrs+)**

Last tickets issued 30 minutes before sessions close. One-hour sessions will operate at busy times.

PLEASE NOTE: THIS PROGRAMME IS SUBJECT TO CHANGE DURING HOLIDAY PERIODS.

LAP LANE IN OPERATION DURING ALL PUBLIC SWIMMING SESSIONS