



1st SEPTEMBER - 18th OCTOBER 2020

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
MONDAY	Members Swim 06.30-07.15	Mem. Swim 07.30-08.00	Aqua 08.15-08.55	Aqua 09.10-09.50			Members Swim 12.30-13.15					Members Swim 17.00-17.45	Members Swim 18.00-18.45	Members Swim 19.00-19.45	Members Swim 20.00-20.45
TUESDAY	Members Swim 06.30-07.15	Members Swim 07.30-08.15	Members Swim 08.30-09.15				Members Swim 12.30-13.15						Members Swim 18.00-18.45	Members Swim 19.00-19.45	Members Swim 20.00-20.45
WEDNESDAY	Members Swim 06.30-07.15	Members Swim 07.30-08.15	Aqua 08.30-09.15	Aqua 9.30-10.15	Members Swim 10.30-11.15	Members Swim 11.30-12.15	Members Swim 12.30-13.15					Members Swim 17.00-17.45	Members Swim 18.00-18.45	Members Swim 19.00-19.45	Members Swim 20.00-20.45
THURSDAY	Members Swim 06.30-07.15	Members Swim 07.30-08.15	Members Swim 08.30-09.15				Members Swim 12.30-13.15						Members Swim 18.00-18.45	Members Swim 19.00-19.45	Members Swim 20.00-20.45
FRIDAY	Members Swim 06.30-07.15	Mem. Swim 07.30-08.00	Aqua 08.15-08.55	Aqua 09.10-09.50			Members Swim 12.30-13.15					Members Swim 17.00-17.45	Members Swim 18.00-18.45	Members Swim 19.00-19.45	Members Swim 20.00-20.45
SATURDAY			Members Swim 08.00-08.45	Members Swim 09.00-09.45	Members Swim 10.00-10.45	Members Swim 11.00-11.45					Members Swim 16.00-16.45	Members Swim 17.00-17.45	Members Swim 18.00-18.45	Members Swim 19.00-19.45	
SUNDAY			Members Swim 08.00-08.45	Members Swim 09.00-09.45	Members Swim 10.00-10.45	Members Swim 11.00-11.45	Members Swim 12.00-12.45	Members Swim 13.00-13.45	Members Swim 14.00-14.45	Members Swim 15.00-15.45	Members Swim 16.00-16.45	Members Swim 17.00-17.45	Members Swim 18.00-18.45	Members Swim 19.00-19.45	

Saturday 5 September - the Club will be closed from 11.45am for College use only.

- All slots are bookable 7 days in advance from 08.00 either via the app, over the phone 01344 444244
- Please arrive 'beach ready' with your swim suit/shorts under a track suit or alike
- No sauna or steam are currently available
- Changing rooms are now open - however the showers are NOT available.

Directions of use:

1. Arrive beach ready no more than 5 mins before your booked time slot
2. After checking in with reception - enter the pool environment via the staff side entrance
3. Choose 1 of the allocated 8 spaces on a bench for your bag/clothes
4. Enjoy your swim - please bring your own drink
5. Exit the pool via the changing rooms
6. Each changing room has a maximum of 5 people at any one time - you may be required to wait if this has reached maximum capacity
7. Dry off and re dress in a timely fashion - exit via the changing rooms entrance / exit door.