

# Dukeries Leisure Centre

## Swimming Timetable

### Monday

07.00 - 08.00	Laned Swim *
09.30 - 11.30	Aquababes/Pre-School Lessons
12.00 - 12.45	Laned Swim *
13.30 - 15.00	School Swimming
15.00 - 15.45	Laned Swim *
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.30	Public Swim
19.45 - 20.30	Laned Swim *

### Tuesday

07.00 - 08.00	Laned Swim *
12.00 - 12.45	Laned Swim *
15.00 - 15.45	Laned Swim *
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.30	Aqua Aerobics
19.45 - 20.30	Laned Swim*

### Wednesday

07.00 - 08.00	Laned Swim *
12.00 - 12.45	Laned Swim *
15.00 - 15.45	Laned Swim*
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.30	Public Swim ( <i>Active Aqua starting Sept 2023</i> )
19.45 - 20.30	Ladies Swim*

### Thursday

07.00 - 08.00	Laned Swim *
12.00 - 12.45	Laned Swim *
13.15 - 14.45	School Swimming
15.00 - 15.45	Laned Swim *
17.30 - 18.15	Aqua Aerobics
18.30 - 19.15	Family Fun Swim (rafts and floats)
19.30 - 20.15	Laned Swim*

### Friday

07.00 - 08.00	Laned Swim *
10.30 - 11.15	Aqua Aerobics
11.30 - 12.15	Private Hire
15.00 - 15.45	Laned Swim
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.45	Public Swim

### Saturday

09.00 - 11.00	Active Swimming Lessons
11.15 - 12.00	Family Fun Swim (rafts and floats)
12.15 - 13.00	Family Fun Swim (rafts and floats)
13.00 - 14.00	Available for children's Pool Parties
14.00 - 15.00	Family Fun Swim (rafts and floats)
15.15 - 16.15	Family Fun Swim (rafts and floats)
16.30 - 17.30	Laned Swim *

### Sunday

08.00 - 09.00	Laned Swim *
09.15 - 10.15	Laned Swim *
10.30 - 11.30	Family Fun Swim (rafts and floats)
11.45 - 12.45	Family Fun Swim (rafts and floats)
13.00 - 14.00	Available for children's Pool Parties
14.00 - 15.00	Family Fun Swim (rafts and floats)
15.15 - 16.15	Laned Swim *

#### CUSTOMER INFORMATION (WE ARE CLOSED ON BANK HOLIDAYS)

**KEY:** \* Must be able to swim 40m unaided

**(U8's)** Children of 7 years and under

**(H20)** Height restrictions apply, max 1.5m and able to swim 20m on their front. Max age for inflatables 13yrs

Classes starting 4<sup>th</sup> September 2023

All pool sessions include customer changing, set up and take down time. Swimming facilities are cleaned regularly throughout the day.