

## MAIN POOL

### MONDAY

07.00-08.00	Lane Swim
09.15-10.15	Lane Swim
11.00-12.00	Lane Swim
12.30-13.15	Active Aqua
14.00-15.00	Lane Swim
20.30-21.30	Lane Swim

### TUESDAY

07.00-08.00	Lane Swim
09.15-10.15	Lane Swim
11.00-11.45	Active Aquatic Cycling
12.30-13.30	Lane Swim
14.00-15.00	Lane Swim
20.30-21.30	Lane Swim

### WEDNESDAY

07.00-08.00	Lane Swim
10.30-11.30	Active Aquatic Cycling
12.00-13.00	Lane Swim
18.15-19.00	Inflatable **
20.30-21.30	Lane Swim

### THURSDAY

07.00-08.00	Lane Swim
12.00-13.00	Lane Swim
19.15-20.15	Lane Swim

### FRIDAY

07.00-08.00	Lane Swim
09.15-10.15	Lane Swim
11.00-12.00	Lane Swim
19.15-20.00	Inflatable **
20.30-21.30	Lane Swim

### SATURDAY

07.30-08.30	Lane Swim
13.00-14.00	Lane Swim

### SUNDAY

08.15-09.15	Lane Swim
09.45-10.45	Family Swim
11.15-12.15	Family Swim
12.45-13.45	Lane Swim
14.15-15.15	Family Swim
15.30-16.30	Family Swim

### TEACHING POOL

#### MONDAY

12.15-13.15	Family Swim
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#### TUESDAY

12.15-13.15	Family Swim
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#### FRIDAY

19.15-20.15	Family Swim
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#### SATURDAY

14.00-16.00	Public Swim Float Fun
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#### SUNDAY

12.45-13.45	Family Swim
12.15-13.15	Family Swim
15.30-16.30	Family Swim

All swimming sessions need to be pre-booked online via the new LeisureHub portal.

[www.leisurehub.active4today.co.uk/  
live/en/Members/home](http://www.leisurehub.active4today.co.uk/live/en/Members/home)

**\*\*Inflatable (8-13 years who can swim 50m+)**

### Disability Statement:

As an IFI (Inclusive Fitness Initiative) accredited site we are fully accessible to users with a disability. We have received funding through 'Aiming High' which has allowed us to provide a fully accessible wet-side changing area, including hoists for both pools.

Southwell Leisure Centre Trust have adopted the Local Authority 'Carer goes Free' Scheme