

# Southwell Swimming & Xperience Timetable

## Monday

06.30 - 18.00	Junior Fitness - (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	0yrs - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
13.30 - 14.30	Active Swimming Lessons	0yrs - 4yrs
15.45 - 18.45	Active Swimming Lessons	5yrs - 10yrs
16.00 - 16.45	Active Gymnastics - Beginners	5yrs - 18yrs
16.00 - 17.00	Active Trampoline	5yrs - 7yrs
16.45 - 17.30	Active Gymnastics - Advanced Beginners	6yrs - 18yrs
17.00 - 18.00	Active Trampoline	8yrs - 15yrs
17.30 - 18.15	Active Gymnastics - Intermediate	8yrs - 15yrs
18.00 - 19.00	Active Trampoline	8yrs - 15yrs
18.15 - 19.00	Active Gymnastics – Advanced	8yrs - 15yrs
19.00 - 19.45	Public Swimming (with fun floats) ^	

## Tuesday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	0yrs - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
15.45 - 18.45	Active Swimming Lessons	5yrs - 10yrs

## Wednesday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	0yrs - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
15.45 - 18.45	Active Swimming Lessons	5yrs - 10yrs

## Thursday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	0yrs - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
15.45 - 18.45	Active Swimming Lessons	5yrs - 10yrs

## Friday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	0yrs - 4yrs
15.45 - 18.45	Active Swimming Lessons	5yrs - 10yrs
16.00 - 16.45	Active Gymnastics - Beginners	5yrs - 15yrs
16.00 - 17.00	Active Trampoline	5yrs - 7yrs
16.45 - 17.30	Active Gymnastics – Advanced Beginners	6yrs - 15yrs
17.00 - 18.00	Active Trampoline	8yrs - 15yrs
17.30 - 18.15	Active Gymnastics - Intermediate	8yrs - 15yrs
18.00 - 19.00	Active Trampoline	8yrs - 15yrs
18.15 - 19.00	Active Gymnastics – Advanced	8yrs - 15yrs
19.00 - 20.00	Public Swimming (with fun floats) ^	

## Saturday

08.00 - 13.00	Active Swimming Lessons	5yrs - 10yrs
09.00 - 14.30	Junior Fitness (Fitness Suite*)	13yrs+
13.00 - 14.00	Available for children's parties	
14.00 - 15.00	Public Swimming (with fun floats) ^	

## Sunday

09.00 - 14.30	Junior Fitness (Fitness Suite*)	13yrs+
09.00 - 09.45	Active Gymnastics - Beginners	5yrs - 15yrs
09.45 - 10.30	Active Mini Gymnastics - Advanced	4yrs - 5yrs
10.15 - 11.15	Public Swimming (with fun floats) ^	
11.15 - 12.15	Public Swimming (with fun floats) ^	
10.30 - 11.15	Active Gymnastics – Beginners	5yrs - 15yrs
11.15 - 12.00	Active Gymnastics – Advanced Beginners	6yrs - 15yrs
13.00 - 14.00	Available for children's pool parties	
14.15 - 15.15	Public Swimming (with fun floats) ^	
15.30 - 16.30	Public Swimming (with fun floats) ^	

### CUSTOMER INFORMATION & KEY (WE ARE CLOSED BANK HOLIDAYS)

**CLEANING PROGRAMME** – All facilities and equipment cleaned throughout the day.

**\*JUNIOR FITNESS** – 13yrs+. Juniors can access fitness suite outside of Junior Fitness times if accompanied by a responsible adult. An induction is required to use the fitness suite. Juniors cannot use the free weights without the additional free weights induction. Unlimited use.

**SWIMMING** - Swimming in the Teaching Pool only. Under 8's must be accompanied by a responsible adult aged 16yrs or over.

**^ SAUNA OPEN**

Timetable version: 15<sup>th</sup> February 2024