

# Swimming pool programme - Holiday

## Large pool programme

	7.30am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>Mon</b>	Lanes 7.30 - 8.30		Junior* courses		Lanes	Staff training			Lanes		2 lanes Club	Club		Staff training	
<b>Tues</b>	Lanes 7.30 - 8.30		Junior* courses	Adult Lanes	Lanes				Lanes		2 lanes Club	Club			
<b>Wed</b>	Lanes 7.30 - 8.30		Junior* courses		Lanes				Lanes			Club			
<b>Thurs</b>	Lanes 7.30 - 8.30		Junior* courses	Adult Lanes	Lanes				Lanes	3 lanes Junior courses	Lanes	Club			
<b>Fri</b>	Lanes 7.30 - 8.30		Junior* courses		Lanes				Lanes		2 lanes Club	Club			
<b>Sat</b>	Club	3 lanes Junior courses		Club		Lanes				Tri club	Private hire				
<b>Sun</b>	Lanes	Adult swim clinic 2 lanes		Canoe club 1st Sunday in month/club						Club					

Ladies only session includes children under 8 years old.

Lane swimming is for competent swimmers only

\*Swim courses available during Summer Holidays only

## Small pool programme

	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>Mon</b>		Junior* courses		Masters	Casual swim		Toddler splash		Junior courses	Casual swim	Club				
<b>Tues</b>		Junior* courses		Wet 'n' Wild	Casual swim				Junior courses	Casual swim	Club				
<b>Wed</b>		Junior* courses		Masters	Casual swim				Club	Casual swim	Club				
<b>Thurs</b>		Junior* courses		Ladies only	Casual swim	Aqua fit			Junior courses	Casual swim	Club	Adult courses			
<b>Fri</b>		Junior* courses		Wet 'n' Wild	Casual swim				Junior courses	Casual swim	Club				
<b>Sat</b>	Club	Junior courses				Casual swim				Private Hire	Club				
<b>Sun</b>	Adult swim clinic	Casual swim				Club									

### Childrens water safety

#### New supervision ratios from June 2007

**Children under 4 years** - One adult: one child with or without armbands; One adult: two children with armbands

**Children 4-7 years** - One adult: two children with or without armbands

**Children of mixed ages** - One under 4 and one 4-7 year old can swim with one adult if **both** are in armbands **or** the older child holds the ISRM award; One under 4 and two 4-7 year olds can swim with one adult if **all** are in armbands **or both** older children hold the ISRM award. **For more information**

**contact reception or go to [www.swindon.gov.uk/swimadmissions](http://www.swindon.gov.uk/swimadmissions)**

Armbands and floatation jackets must conform to BSI standard EN13138