

HEIGHTS POOL PROGRAMME

MAIN POOL

	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
MONDAY	Lane swim 6.30 to 8.30am		Casual swim 8.30 to 10.30am		Aquacise 10.30 to 11.15am	Aquacise 11.15am to 12 noon	Lane swim 12 to 1pm	School swim 1 to 2.45pm	Casual swim 2.45 to 4pm	Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Aquacise 6.30 to 7.30pm	Casual swim 7.30 to 9pm		
TUESDAY	Lane swim 6.30 to 7.30am	Marlins Swim Club ¹ 7.30 to 8.30am	Casual swim 8.30 to 9.30am	Adult swim lessons 9.30 to 11am	Aquacise 11am to 12 noon		Lane swim 12 to 1pm	School swim 1 to 2.45pm	Casual swim 2.45 to 4pm	Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Swimfit 6.30 to 7.30pm	Water Wellness 6.30 to 7.30pm	Casual swim ² 7.30 to 9pm	
WEDNESDAY	Lane swim 6.30 to 8.30am		Casual swim 8.30 to 10.30am		Aquacise 10.30 to 11.15am	Aquacise 11.15am to 12 noon	Lane swim 12 to 1pm	School swim 1 to 2.45pm	Casual swim 2.45 to 4pm	Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Aquacise 6.30 to 7.30pm	Casual swim 7.30 to 9pm		
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FRIDAY	Lane swim 6.30 to 8.30am		Casual swim 8.30 to 10.30am		Aquacise 10.30 to 11.15am	Aquacise 11.15am to 12 noon	Lane swim 12 to 1pm	School swim 1 to 2.45pm	Casual swim 2.45 to 4pm	Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Aquacise 6.30 to 7.30pm	Casual swim 7.30 to 9pm		
SATURDAY			Junior swim lessons 8am to 12pm				Casual swim 12 to 4pm			Parties 4 to 5pm	Private hire 5 to 6pm				
SUNDAY			Lane swim 8 to 9am	Casual swim 9am to 4pm						Swimming lessons 4 to 5.30pm					

SMALL POOL

	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
MONDAY				Low intensity aquacise 9.45 to 10.30am	Casual swim 10.30am to 1pm		School swim 1 to 2.45pm		Casual swim 2.45 to 3.30pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 6.30pm			
TUESDAY				Aqua Babes 10 to 11am	Casual swim 11am to 1pm		School swim 1 to 2.45pm		Casual swim 2.45 to 3.30pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 6.30pm			
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SATURDAY				Junior swim lessons 8 to 11am			Casual swim 11am to 4pm			Parties 4 to 5pm	Private hire 5 to 6pm				
SUNDAY				Casual swim 9am to 4pm						Swimming lessons 4 to 5.30pm					

- Notes:**
- 1 Private hire sessions – if you wish to join these sessions please book and pay direct with the relevant group, not 1Leisure.
 - 2 In certain sessions we may also hold staff training at this time.
 - 3 Junior Tri Club have two lanes during this session.

TEL: 01983 823880
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LET'S BE SOCIAL!




 Search: 1leisure

HEIGHTS SCHOOL HOLIDAY POOL PROGRAMME



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