

# Learner Pool Timetable - subject to change

| Day             | Time          | Session          |
|-----------------|---------------|------------------|
| <b>Friday</b>   | 10:00 - 12:00 | School           |
|                 | 12:15 - 13:45 | General Swim     |
|                 | 13:45 - 15:00 | Schools          |
|                 | 15:00 - 16:00 | General Swim     |
|                 | 16:00 - 18:00 | Swimming Lessons |
|                 | 18:00 - 19:00 | General Swim     |
| <b>Saturday</b> | 08:00 -12:00  | Swimming Lessons |
|                 | 12:00 - 14:00 | Fun Session      |
|                 | 14:00 - 17:00 | General Swim     |
|                 | 17:15 - 19:30 | Private Hire     |
| <b>Sunday</b>   | 09:00 -13:30  | General Swim     |
|                 | 13:30 - 15:30 | Fun Session      |
|                 | 15:30 - 18:00 | Private Hire     |

## Swimming Sessions

### 50+

For people 50 and above, main pool only. A chance to swim at your own pace and a place to meet friends.

### Adult Swim Session

Sessions during the day for adults to relax, improve fitness or take an invigorating swim in peace and enjoy the spa pool.

### Aquafit

A water based exercise programme to music, suitable for all abilities and fitness levels. You do not need to be able to swim but should be reasonably confident in the water. Some sessions take place in deep water.

### Disability Swim/Aqua Therapy

Gentle exercise in our warm water and provides excellent rehabilitation.

### Early Morning Swim

Be an early bird and make a splashing start to the day. 2 roped lanes will always be available during these sessions.

### Fun Session

An exciting session of fun with floats.

### General Swim

This session is for everybody.

### Private Hire

For that special Birthday celebration why not have the pool and inflatable just for you and your friends. Speak to one of the reception team for more details.

Please note during private hire bookings the Relaxation Suite is not available for public use.

### Swimming Lesson Programme

Learn to swim or improve your technique no matter what your age with our highly qualified team.

### Toddler Splash

It's never too early to help children enjoy the water, so why not come to this special session when the teaching pool is exclusively for your use and to add to the fun, toys are also provided. Please note that this session is only suitable for children 7 years and under.

Concessionary prices available for qualifying residents via our Passport to Leisure Scheme. Please ask for details.

The timetable will change during the school holidays and will be displayed at the centre prior to the start of the holiday.

We advise you to check availability before your swim.

Could parents ensure all children under the age of 3, wear swimming nappies. These can be purchased at the leisure centre.

Timetable subject to change.



# Wymondham Leisure Centre Term Time Pool Timetable

Norwich Road, Wymondham, Norfolk NR18 0NT

Tel: 01953 607171

[www.south-norfolk.gov.uk/leisure](http://www.south-norfolk.gov.uk/leisure)

[www.south-norfolk.gov.uk](http://www.south-norfolk.gov.uk)

## Main Pool Timetable subject to change

| Day              | Time                 | Session                |
|------------------|----------------------|------------------------|
| <b>Monday</b>    | 07:00 - 09:00        | Early Morning Swim     |
|                  | 09:00 - 10:00        | Aqua Fit               |
|                  | 10:00 - 12:00        | Swimming Lesson        |
|                  | 12:15 - 13:45        | Adult Swim             |
|                  | 13:45 - 15:00        | Schools                |
|                  | 15:00 - 16:00        | General Swim           |
|                  | 16:00 - 18:00        | Swimming Lessons       |
|                  | 18:00 - 20:00        | General Swim           |
|                  | 20:00 - 21:00        | Aqua Fit               |
| 21:00 - 22:00    | Adults Only Swimming |                        |
| <b>Tuesday</b>   | 07:00 - 09:30        | Early Morning Swim     |
|                  | 09:30 - 11:00        | Swimming Lessons       |
|                  | 11:00 - 12:00        | Schools                |
|                  | 12:15 - 13:45        | Adult Swim             |
|                  | 13:45 - 15:00        | Schools                |
|                  | 15:00 - 16:00        | 50+                    |
|                  | 16:00 - 17:00        | Swimming Lessons       |
|                  | 17:00 - 19:00        | General Swim           |
|                  | 19:00 - 21:00        | Private Hire           |
| 21:00 - 22:00    | Adults Only Swimming |                        |
| <b>Wednesday</b> | 07:00 - 09:00        | Early Morning Swim     |
|                  | 09:00 - 11:00        | Swimming Lessons       |
|                  | 11:00 - 12:15        | Schools                |
|                  | 12:15 - 13:45        | Adult Swim             |
|                  | 13:45 - 15:00        | General/ Disabled Swim |
|                  | 15:00 - 16:00        | Schools                |
|                  | 16:00 - 17:00        | Swimming Lessons       |
|                  | 17:00 - 19:00        | General Swim           |
|                  | 19:00 - 21:00        | Private Hire           |
| 21:00 - 22:00    | Water Polo           |                        |

| Day             | Time                 | Session                  |
|-----------------|----------------------|--------------------------|
| <b>Thursday</b> | 07:00 - 09:00        | Early Morning Swim       |
|                 | 09:00 - 10:00        | Aqua Fit                 |
|                 | 10:00 - 11:00        | Schools                  |
|                 | 11:15 - 12:15        | General/ Disabled Swim   |
|                 | 12:15 - 13:45        | Adult Swim               |
|                 | 13:45 - 15:00        | Schools                  |
|                 | 15:00 - 16:00        | General Swim             |
|                 | 16:00 - 17:00        | Swimming Lessons         |
|                 | 17:00 - 19:00        | General Swim             |
|                 | 19:00 - 20:00        | Aqua Fit                 |
| 20:00 - 21:00   | Swimming Lessons     |                          |
| 21:00 - 22:00   | Adults Only Swimming |                          |
| <b>Friday</b>   | 07:00 - 09:30        | Early Morning Swim       |
|                 | 09:30 - 12:15        | Schools                  |
|                 | 12:15 - 13:45        | Adult Swim               |
|                 | 13:45 - 15:00        | Schools                  |
|                 | 15:00 - 16:00        | 50+                      |
|                 | 16:00 - 17:00        | Swimming Lessons         |
|                 | 17:00 - 19:00        | General Swim             |
|                 | 19:00 - 20:00        | Private Hire             |
|                 | 20:00 - 21:00        | Life Guard Training      |
| 21:00 - 22:00   | Adults Only Swimming |                          |
| <b>Saturday</b> | 08:00 - 12:00        | Swimming Lessons         |
|                 | 12:00 - 14:00        | Fun Session (Inflatable) |
|                 | 14:00 - 17:00        | General Swim             |
|                 | 17:15 - 19:30        | Private Hire             |
| <b>Sunday</b>   | 07:00 - 09:00        | Early Morning Swim       |
|                 | 09:00 - 13:30        | General Swim             |
|                 | 13:30 - 15:30        | Fun Session (Inflatable) |
|                 | 15:30 - 18:30        | Private Hire             |
|                 | 18:30 - 20:00        | Adults Swim              |
|                 | 20:00 - 22:00        | Water Polo               |

## Learner Pool Timetable - subject to change

| Day              | Time          | Session          |
|------------------|---------------|------------------|
| <b>Monday</b>    | 08:00 - 09:00 | Aqua Therapy     |
|                  | 10:00 - 11:00 | Swimming Lessons |
|                  | 11:00 - 12:00 | Toddler Splash   |
|                  | 12:15 - 13:45 | General Swim     |
|                  | 13:45 - 15:00 | Schools          |
|                  | 15:00 - 16:00 | General Swim     |
|                  | 16:00 - 18:00 | Swimming Lessons |
|                  | 18:00 - 20:00 | General Swim     |
| <b>Tuesday</b>   | 09:00 - 11:00 | Swimming Lessons |
|                  | 11:00 - 12:00 | Schools          |
|                  | 12:15 - 13:45 | General Swim     |
|                  | 13:45 - 15:00 | Schools          |
|                  | 15:00 - 15:30 | General Swim     |
|                  | 15:30 - 18:00 | Swimming Lessons |
| 18:00 - 19:00    | General Swim  |                  |
| <b>Wednesday</b> | 09:30 - 11:00 | Swimming Lessons |
|                  | 11:00 - 12:00 | Schools          |
|                  | 12:15 - 13:45 | General Swim     |
|                  | 13:45 - 15:00 | General Swim     |
|                  | 15:00 - 16:00 | Schools          |
|                  | 16:00 - 18:00 | Swimming Lessons |
|                  | 18:00 - 19:00 | General Swim     |
| <b>Thursday</b>  | 08:00 - 09:00 | Aqua Therapy     |
|                  | 09:00 - 11:00 | Schools          |
|                  | 11:00 - 12:00 | Toddler Splash   |
|                  | 12:15 - 13:45 | General Swim     |
|                  | 13:45 - 15:00 | Schools          |
|                  | 15:00 - 15:30 | General Swim     |
|                  | 15:30 - 18:00 | Swimming Lessons |
|                  | 18:00 - 19:00 | General Swim     |