# 2019 Term Time
## Main Pool Timetable

### Monday
- **06:30 – 08:10** Public Swim
- **08:15 – 09:00** Aqua Fit
- **09:15 – 11:45** Schools
- **12:00 - 15:55** Public Swim
- **16:00 – 18:00** Swim School
- **18:15 – 20:15** Swim Club
- **20:30 - 22:00** Public Swim

### Tuesday
- **06:30 – 09:00** Public Swim
- **09:15 – 11:10** Schools
- **11:15 – 12:00** Aqua Fit
- **12:05 – 15:55** Public Swim
- **16:00 – 18:00** Swim School
- **18:15 – 19:25** Public Lane Swim
- **18:15 – 19:15** Swimfit (3 lanes)
- **19:30 – 20:15** Aqua Fit
- **20:30 – 22:00** Public Swim

### Wednesday
- **06:30 – 9:30** Public Swim
- **09:30 - 10:00** Body Magic
- **09:30 - 10:00** ½ Pool Public Open Swim
- **10:00 - 13:30** Public Swim
- **13:45 – 14:45** Schools
- **15:00 – 15:55** Public Open Swim
- **16:00 – 18:00** Swim School
- **18:00 – 19:00** Public Lane Swim
- **19:00 – 22:00** Swim Club
- **21:00 – 22:00** Public Lane Swim

### Thursday
- **06:30 – 08:10** Public Swim
- **08:15 – 09:00** Deep Water Aqua Fit
- **09:15 – 11:45** Schools
- **12:00 – 13:45** Public Swim
- **14:00 – 15:00** Schools
- **15:00 – 15:55** Public Swim
- **16:00 – 18:00** Swim School
- **18:15 – 19:25** Public Swim
- **19:30 – 20:15** Aqua Fit
- **20:30 – 22:00** Public Swim

### Friday
- **06:30 – 09:00** Public Swim
- **09:15 – 11:10** Schools
- **11:15 – 12:00** Aqua Fit
- **12:05 – 18:00** Public Swim
- **13:45 – 15:30** ½ Pool Schools
- **18:15 – 21:15** Swim Club
- **20:30 – 22:00** Public Swim

### Saturday
- **09:00 – 13:00** Swim School
- **13:00 – 14:00** Public Swim
- **14:15 – 15:45** Fun Session
- **16:00 – 18:00** Public Swim

### Sunday
- **08:30 – 09:30** Swim Club
- **09:45 – 13:00** Public Swim
- **13:15 – 14:45** Fun Session
- **15:00 – 18:00** Swim Club

---

- Max stay in any session – 2 hours
- Sauna and Steam are not available during the following sessions:
  - Swim School, Schools, Fun Session, Swim Club
- Admission Policy is 2 under 8’s to 1 Adult
- Under 8’s Must be accompanied by an Adult (16 years +)

---

[www.south-norfolk.gov.uk/leisure](http://www.south-norfolk.gov.uk/leisure)
Tel: 01379 652754
# 2019 Term Time

## Learner Pool Timetable

<table>
<thead>
<tr>
<th>Monday</th>
<th>09:15 – 11:45</th>
<th>Schools</th>
<th>12:00 – 15:55</th>
<th>Public Swim</th>
<th>16:00 – 18:00</th>
<th>Swim School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>09:15 – 11:15</td>
<td>Schools</td>
<td>12:00 – 15:55</td>
<td>Public Swim</td>
<td>16:00 – 18:00</td>
<td>Swim School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 – 13:00</td>
<td>Swim School</td>
<td>13:45 – 14:45</td>
<td>Schools</td>
<td>15:00 – 15:55</td>
<td>Public Swim</td>
</tr>
<tr>
<td></td>
<td>16:00 – 18:00</td>
<td>Swim School</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>09:15 – 11:45</td>
<td>Schools</td>
<td>12:00 – 13:45</td>
<td>Public Swim</td>
<td>14:00 – 15:00</td>
<td>Schools</td>
</tr>
<tr>
<td></td>
<td>15:00 – 15:55</td>
<td>Public Swim</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16:00 – 18:00</td>
<td>Swim School</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>09:15 – 11:15</td>
<td>Schools</td>
<td>12:00 – 15:00</td>
<td>Swim School</td>
<td>15:00 – 18:00</td>
<td>Public Swim</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:45 – 13:00</td>
<td>Public Swim</td>
<td>13:15 – 14:45</td>
<td>Fun Session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>09:00 – 13:00</td>
<td>Swim School</td>
<td>13:00 – 14:00</td>
<td>Public Swim</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14:15 – 15:45</td>
<td>Fun Session</td>
<td>16:00 – 18:00</td>
<td>Public Swim</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Gym Opening Hours

- **Monday – Friday**: 06:30 – 22:00
- **Saturday – Sunday**: 08:30 – 18:00

[www.south-norfolk.gov.uk/leisure](http://www.south-norfolk.gov.uk/leisure)  
Tel: 01379 652754