

SWIMMING TIMETABLE

COMMENCING MONDAY 5TH SEPTEMBER 2016

Lifeguards will be present around the pool at certain times, mainly when children are swimming

MONDAY		
Time	Session	Course
0700 – 0930	ADULT SWIM	
0930 – 1030	AQUA TONE	① Tina
1030 – 1130	AQUA TONE	② Tina
1130 – 1230	FAMILY SWIM	
1230 – 1430	ADULT SWIM	
1430 – 1830	FAMILY SWIM	
1830 – 2200	ADULT SWIM	

WEDNESDAY			
Time	Class	Level	Instructor
0700 – 0930	ADULT SWIM		
1000 – 1100	AQUA TONE	①	Clive
1100 – 1230	FAMILY SWIM		
1230 – 1430	ADULT SWIM		
1430 – 1830	FAMILY SWIM		
1830 – 2200	ADULT SWIM		

FRIDAY			
Time	Class	Level	Instructor
0700 – 0930	ADULT SWIM		
0930 – 1030	AQUA TONE	①	Tina
1030 – 1130	AQUA TONE	②	Tina
1130 – 1230	FAMILY SWIM		
1230 – 1430	ADULT SWIM		
1430 – 1900	FAMILY SWIM		
1900 – 2200	ADULT SWIM		

TUESDAY		
Time	Session	Course
0700 – 0930	ADULT SWIM	
0930 – 1230	FAMILY SWIM	
1230 – 1430	ADULT SWIM	
1430 – 1830	FAMILY SWIM	
1830 – 2200	ADULT SWIM	

THURSDAY		
Time	Session	Course
0700 – 0930	ADULT SWIM	
0930 – 1030	PARENT & BABY	
0930 – 1230	FAMILY SWIM	
1230 – 1430	ADULT SWIM	
1430 – 1830	FAMILY SWIM	
1730 – 1830	FAMILY SWIM	
1830 – 2200	ADULT SWIM	

SATURDAY	
Time	Session
0700 – 0800	POOL CLOSED
0800 – 1030	ADULT SWIM
1030 – 1800	FAMILY SWIM
1530 – 1630	POOL PARTIES
1800 – 2000	ADULT SWIM
2000 – 2200	POOL CLOSED

SWIMMING DESCRIPTIONS

ADULT SWIM

For Members over 18. Lane swimming only will be permitted.

FAMILY SWIM

An open session for all ages. Children under 12 must be supervised by an adult at all times.

PARENT & BABY

A supervised fun session for parents and babies, 3 years and under.

NON-MEMBERS PAY AS YOU GO PRE-SCHOOL

2-5 years, week by week sessions, pay as you go. **£8 per session**

POOL PARTIES

There may occasionally be a Children's Pool Party during this session. The pool will still be available to Members but will be shared with the party!

PLEASE NOTE: VK Swimming Academy will have the use of 2 lanes during family swim times. This is subject to full classes. No more than half the pool will be used.

SWIMMING LESSONS

For further information about Junior and Adult swimming lessons please contact:

VK Swimming Academy

vkswimmingacademy@hotmail.com



VK Swimming Academy

SUNDAY

Time	Session
0700 – 0800	POOL CLOSED
0800 – 1030	ADULT SWIM
1030 – 1800	FAMILY SWIM
1800 – 2000	ADULT SWIM
2000 – 2200	POOL CLOSED

