


# SOUTH MOLTON AQUATICS, RECREATION & TRAINING

SUMMER 1 TIMETABLE - MONDAY 15th APRIL to SUNDAY 26th MAY 2024											
MON	**EARLY BIRD LANES x10 6.00AM-9.00AM (1.5hr swim but arrive at any point)	*OVER 50s x5 9.00AM-10.30AM	1/2 PUBLIC SWIM 10.30AM-12.00PM SWIM SCHOOL 10.30AM-12.00PM	LANE BLITZ AQUA ZUMBA w.ROBERTO 12.00PM- 12.45 PM	PUBLIC SWIM 12.45PM-2.15PM	*PUBLIC SWIM 2.15PM-3.45PM	1/2 PUBLIC SWIM 3.45PM-5.15PM SWIM LESSONS 3.45PM-5.15PM	*SWIM BLITZ 5:15PM- 6.00PM	LANE BLITZ AQUAFIT 6.00PM- 6.45PM		
TUES		*PUBLIC SWIMS 8.30AM-10.00AM	AQUA MOBILITY 10.00AM- 10.45AM	SCHOOLS 11.00AM-12.00PM 1/2 PUBLIC SWIM 11.00AM-12.30PM	AQUAFIT BLITZ 12.00PM- 12.30PM	SCHOOL SWIMMING 1.00PM-2.00PM	*PUBLIC SWIM 2.00PM-3.30PM	SWIM LESSONS 3.45PM-5.45PM	SWIM LESSONS 5:45pm-6:15pm *SWIM BLITZ 5:45PM-6:30PM	LANE BLITZ AQUA ZUMBA w.ROBERTO 6.30PM- 7.15PM	*PUBLIC SWIM 7.30PM-9.00PM
WED	**EARLY BIRD LANES 6.00AM-9.00AM (1.5hr swim but arrive at any point)	LANE BLITZ 9.15AM-10.00AM SWIM SCHOOL 9.00AM-11.00AM	TOP UPS 10.00AM-11.00 AM	LANE BLITZ AQUA ZUMBA w.ROBERTO 11.00AM- 11.45AM	*SWIM BLITZ 11:45AM- 12.30PM	SCHOOL SWIMMING 1.00PM-2.00PM	SCHOOL SWIMMING 2.00PM-3.00PM	*SWIM BLITZ 3.00PM- 3.45PM	SWIM LESSONS 3.45PM-5.45PM	SWIM LESSONS 5:45pm-6:15pm *SWIM BLITZ 5:45PM-6:30PM	*ADULTS ONLY SWIM 6.30PM-8.00PM
THURS		*PUBLIC SWIM 9.00AM-10.30AM	TOP UPS 10.30AM - 11.30AM	AQUAFIT BLITZ 11.30AM- 12.00PM	*PUBLIC SWIM 12.00PM-1.30PM	1/2 PUBLIC SWIM 1.30PM-3.00PM SWIM SCHOOL 1.30PM-3.00PM	*SWIM BLITZ 3.00PM- 3.45PM	SWIM LESSONS 3.45PM-5.45PM	*SWIM BLITZ 5:45PM- 6.30PM	LANE BLITZ AQUAFIT 6.30PM- 7.15PM	
FRI	**EARLY BIRD LANES 6.00AM-9.00AM (1.5hr swim but arrive at any point)	*OVER 50'S 9.00AM-10.30AM AQUA MOBILITY 9.30AM- 10.15AM	*SWIM BLITZ 10:30AM-11:30AM SWIM SCHOOL 10.30AM-11.30AM	UNDER 5'S SPLASH 11.30AM- 12.30PM	AQUAFIT BLITZ 12.30PM- 1.00PM	SCHOOL SWIMMING 1.00PM-2.00PM	PRIVATE HIRE PUBLIC SWIM 2.00PM- 3.30PM	LANE SWIM 3.15PM-4.45PM PRIMARY SWIM CLUB SWIM LESSONS 3.45PM-4.45PM			
SAT	*EARLY LANES 7.00AM-8.30AM	SWIM LESSONS 8.30AM-11.00AM	*LANE BLITZ 11.00AM-12.00PM 1:1 SWIM LESSONS 11.00AM-12.00PM	LANE SWIM 12.00PM-1.30PM	LANE SWIM 1.30PM-3.00PM	PRIVATE HIRE (contact us for party / privity hire availability) 3.00PM-5.00PM					
SUN		SWIM LESSONS 9.00AM-11.00AM	LANE SWIM FAMILY FUN SWIM 11.00AM-12.30PM	LANE SWIM FAMILY FUN SWIM 12.30PM-2.00PM	DISABILITY SWIM 2.00PM-3.00PM	PRIVATE HIRE (contact us for party / privity hire availability) 3.00PM-5.00PM					

CURRENT TIMETABLE AS OF MONDAY 15th APRIL - Bookings are generally available 2 weeks in advance - CHECK OUR WEBSITE OR FACEBOOK PAGE FOR ANY UPDATES TO THIS VERSION

- PUBLIC SWIMS are 1.5 hours except the BLITZ which is 45mins - \*\*4 lanes, \*2 lanes, Lane Swim is just 1 lane, - To book go to - smartswimcentre.simplybook.it
- AQUA CLASSES - Fit 45mins for all levels, Mobility is 45mins for lower levels, Blitz is 30mins for all levels, HIIT is 30mins for higher intensity, Block booking available
- FAMILY FUN SWIMS are 1.5 hours - 1 Lane for swimmers, lots of fun with our slide, mats and inflatables (subject to no punctures!) - To book go to - smartswimcentre.simplybook.it
- PAY AS YOU GO CLASSES - Under 5's Splash kids are free, Aquafit and Mobility sessions can be booked in blocks of 10, except the Aqua Blitz - To book go to - smartswimcentre.simplybook.it
- SWIMSCHOOL LESSONS are 30mins - FREE for our teacher training - To book go to - smartswimcentre.simplybook.it
- SCHOOL SWIMMING - reception area and pool is closed during school swimming
- PRIVATE HIRE - part or full pool hire for families or clubs etc is for 1 hour or 2 hours, weekend parties are 1 hour pool, 1 hour dryside

 PUBLIC SWIM RATIOS: AGE 0-2 ONE BABY PER ADULT, AGE 3-7 TWO CHILDREN PER ADULT & AGE 8 PLUS NO ADULTS REQUIRED IF THEY CAN SWIM 20M

 TEACHER TRAINING, LIFEGUARD TRAINING, FIRST AID, SAFEGUARDING & MENTAL HEALTH COURSES AVAILABLE UPON REQUEST

