

Please scroll down to see our upcoming timetables.

The first Timetable is active from Monday 2nd September 2024 until Sunday 27th October 2024.

The second Timetable is active for Half term from Monday 28th October 2024 until Sunday 3rd November 2024.

The Third Timetable is active from Monday 4th November 2024 until Sunday 1st December 2024.

SOUTH MOLTON AQUATICS, RECREATION & TRAINING

AUTUMN 1 TIMETABLE - MONDAY 2nd SEPTEMBER to SUNDAY 27th OCTOBER 2024												
MON	**EARLY BIRD LANES 6.00AM-9.00AM (1.5hr swim but arrive at any point)	*OVER 50s 9.00AM-10.30AM	1/2 PUBLIC SWIM 10.30AM-12.00PM	LANE BLITZ AQUA ZUMBA w.ROBERTO 12.00PM- 12.45 PM	SCHOOL SWIMMING 1.15PM-2.15PM	*PUBLIC SWIM 2.15PM-3.45PM	1/2 PUBLIC SWIM 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	AQUAFIT BLITZ 12.00PM-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	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)	1/2 PUBLIC SWIM 9.00AM-11.00AM	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	1/2 PUBLIC SWIM 10.30AM - 12.00PM	HOME ED 10.30AM-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	*SWIM BLITZ 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 LANE SWIM 3.15PM-4.45PM	PUBLIC SWIM 2.00PM-3.30PM	SWIM LESSONS 3.45PM-4.45PM	PRIVATE HIRE (contact us for party / privity hire availability) 5.00PM-7.00PM		
SAT	*EARLY LANES 7.00AM-8.30AM	SWIM LESSONS 8.30AM-11.00AM	LANE SWIM FAMILY FUN SWIM 11.00AM-12.30PM	LANE SWIM FAMILY FUN SWIM 12.30PM-2.00PM	PRIVATE HIRE (contact us for 1 hour privity pool hire availability) 2.00PM-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 2nd SEPTEMBER - 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

NB ALL NON-TOILET TRAINED CHILDREN MUST WEAR A DOUBLE SWIM NAPPY - the top layer must be a snug fit on waist & thighs (available to purchase or borrow at reception)



SOUTH MOLTON AQUATICS, RECREATION & TRAINING

HALLOWEEN, AUTUMN HALF TERM TIMETABLE - MONDAY 28th OCTOBER - SUNDAY 3RD NOVEMBER 2024

MON	**EARLY BIRD LANES 6.00AM-9.00AM (1.5hr swim but arrive at any point)	*OVER 50s 9.00AM-10.30AM	PRIVATE HIRE 10.30AM-12.00PM	LANE BLITZ AQUA ZUMBA w.ROBERTO 12.00PM- 12.45 PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 12.45PM-2.15PM	SMART ACTION PROJECT 2.30PM-3.30PM	*PUBLIC SWIM 3.45PM-5.15PM	*SWIM BLITZ 5.15PM- 6.00PM	LANE BLITZ AQUAFIT 6.00PM- 6.45PM	
TUES		*PUBLIC SWIM 8.30AM-10.00AM	AQUA MOBILITY 10.00AM- 10.45 AM	SAP HAF CLUB 11.00AM- 12.00PM	SWIM BLITZ 12.00PM-1.00PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 1.00PM-2.30PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 2.30PM-4.00PM	*PUBLIC SWIM 4.00PM-6.30PM (1.5hr swim but arrive at any point)	LANE BLITZ AQUA ZUMBA w.ROBERTO 6.30PM- 7.15PM	*PUBLIC SWIM 7.30PM-9.00PM
WED	**EARLY BIRD LANES 6.00AM-9.30AM (1.5hr swim but arrive at any point)	LANE SWIM HALLOWEEN FAMILY FUN SWIM 9.30AM-11.00AM	LANE BLITZ AQUA ZUMBA w.ROBERTO 11.00AM- 11.45AM	SAP HAF CLUB 12.00PM- 1.00PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 1.00PM-2.30PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 2.30PM-4.00PM	MONOFIN & MERMAID 2 HOUR EXPERIENCE 4.30PM-6.30PM	*ADULTS ONLY SWIM 6.30PM-8.00PM		
THURS		*PUBLIC SWIM 9.00AM-10.30AM	PRIVATE HIRE 10.30AM-12.00PM	SWIM BLITZ 12.00PM-1.00PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 1.00PM-2.30PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 2.30PM-4.00PM	*PUBLIC SWIM 4.00PM-6.30PM (1.5hr swim but arrive at any point)	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	PRIVATE HIRE 10.30AM-12.00PM	UNDER 5'S SPLASH 12.00PM- 1.00PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 1.00PM-2.30PM	LANE SWIM HALLOWEEN FAMILY FUN SWIM 2.30PM-4.00PM				
SAT	*EARLY LANES 7.00AM-9.30AM (1.5hr swim but arrive at any point)	LANE SWIM FAMILY FUN SWIM 9.30AM-11.00AM	LANE SWIM FAMILY FUN SWIM 11.00AM-12.30PM	PRIVATE HIRE (contact us for availability) 1.00PM-5:00PM						
SUN		LANE SWIM FAMILY FUN SWIM 9.30AM-11.00AM	LANE SWIM FAMILY FUN SWIM 11.00AM-12.30PM	*PUBLIC SWIM 12.30PM-2.00PM	DISABILITY SWIM 2.00PM-3.00PM	PRIVATE HIRE (contact us for party availability) 3.00PM-5.00PM				

CURRENT TIMETABLE AS OF MONDAY 28th October - 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.co.uk/book-a-swim
- AQUA CLASSES** - Fit 45mins for all levels, Mobility is 45mins for lower levels, Blitz is 30mins for all levels. 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.co.uk/book-a-swim
- PAYG** - Under 5's Splash kids go free, Aqua sessions can be booked in blocks of 10, except the Blitz, Carers at a reduced rate for Disability swim - To book go to - smartswimcentre.co.uk/book-a-swim
- SWIMSCHOOL LESSONS** are 30mins. Book 4, 6 or 8 sessions. Email info@smartswimcentre.co.uk for more details.
- SMART ACTION PROJECT** - Free family fun session for families who have children with additional needs or disabilities. Enquiry with Natalie via thesmartactionproject@gmail.com
- ADDITIONAL AQUATIC ACTIVITIES** - Learn how to swim like a Mermaid or Merman with our experiences, for ages 6 plus and must be able to swim a length of the pool. Award Sessions are for swimmers who have attended a previous experience session. Learn basic Water Polo skills, for ages 6-15years who are confident swimmers. To book go to - smartswimcentre.co.uk/book-a-swim
- 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, email or call for more info



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

NB ALL NON-TOILET TRAINED CHILDREN MUST WEAR A DOUBLE SWIM NAPPY - the top layer must be a snug fit on waist & thighs (available to purchase or borrow at reception)



SOUTH MOLTON AQUATICS, RECREATION & TRAINING

AUTUMN 2 TIMETABLE - MONDAY 4th NOVEMBER to SUNDAY 1st DECEMBER 2024												
MON	**EARLY BIRD LANES 6.00AM-9.00AM (1.5hr swim but arrive at any point)	*OVER 50s 9.00AM-10.30AM	SCHOOL SWIMMING 10.30AM-11.30AM	LANE BLITZ	AQUA ZUMBA w.ROBERTO 12PM-12.45PM	SCHOOL SWIMMING 1.15PM-2.15PM	*PUBLIC SWIM 2.15PM-3.45PM	1/2 PUBLIC SWIM 3.45PM-5.15PM	*SWIM BLITZ 5.15PM-6.00PM	LANE BLITZ AQUAFIT 6.00PM-6.45PM		
TUES		*PUBLIC SWIM 8.30AM-10.00AM	AQUA MOBILITY 10.00AM-10.45AM	SCHOOLS 11AM-12PM	AQUAFIT BLITZ 12.00PM-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	LANE BLITZ AQUA ZUMBA w.ROBERTO 6.30PM-7.15PM	TRI TRAINING*** *ADULTS ONLY SWIM 7.30PM-9.00PM
WED	**EARLY BIRD LANES 6.00AM-9.00AM (1.5hr swim but arrive at any point)	1/2 PUBLIC SWIM 9AM-10AM	SCHOOLS 10AM-11AM	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	*ADULTS ONLY SWIM 6.30PM-8.00PM	
THURS		1/2 PUBLIC SWIM 9.00AM-10.30AM	SCHOOL SWIMMING 10.30AM-12.00PM	*PUBLIC SWIM 12.00PM-1.30PM		1/2 PUBLIC SWIM 1.30PM-3.00PM	*SWIM BLITZ 3.00PM-3.45PM	SWIM LESSONS 3.45PM-5.45PM	SWIM CLUB 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 50s (1 lane then 2 latter mobility)	9.00AM-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	SWIM LESSONS 3.45PM-4.45PM	PRIVATE HIRE (contact us for party / prvtie hire availability) 5.00PM-7.00PM			
SAT	*EARLY LANES 7.00AM-8.30AM	SWIM LESSONS 8.30AM-11.00AM	LANE SWIM FAMILY FUN SWIM 11.00AM-12.30PM	PRIVATE HIRE (contact us for party / prvtie hire availability) 12.30PM-2.30PM		PRIVATE HIRE (contact us for party / prvtie 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 / prvtie hire availability) 3.00PM-5.00PM						

CURRENT TIMETABLE AS OF MONDAY 4th NOVEMBER - Bookings are generally available 2 weeks in advance - CHECK OUR WEBSITE OR FACEBOOK PAGE FOR ANY UPDATES TO THIS VERSION

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PAY AS YOU GO - Under 5's Splash, kids are free. To book for Aqua Zubma & Under 5's Splash go to smartswimcentre.co.uk/book-a-swim/. ***Tri Training must be booked - bookwhen.com/smartswimcentre & is free to members.

AQUA CLASSES - Fit 45mins for all levels, Mobility is 45mins for lower levels, Blitz is 30mins for all levels. To book - smartswimcentre.co.uk/book-a-swim/ Block booking is available at reception.

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.co.uk/book-a-swim/

SWIMSCHOOL LESSONS are 30mins but Club is 45mins, swimmers get free public swims, enquire via our website https://www.smartswimcentre.co.uk/aquatics/swim-school/

SCHOOL SWIMMING - Changing for public is either restricted or limited during school swimming, depending on pool space hired.

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



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