

**Please check dates at the top of each Timetable,
please scroll down to view them all.**

**First Timetable is our Summer Holidays Timetable,
dates from the 29th July - 1st September 2024**

**Second Timetable is our Autumn 1 Timetable,
dates from the 2nd September - 27th October 2024**

SOUTH MOLTON AQUATICS, RECREATION & TRAINING

SUMMER HOLIDAY TIMETABLE - MONDAY 29th JULY - SUNDAY 1st SEPTEMBER 2024

MON	**EARLY BIRD LANES 6.00AM-9.00AM (1.5hr swim but arrive at any point)	*OVER 50s 9.00AM-10.30AM	LANE SWIM FAMILY FUN SWIM (EXCEPT 29th JULY) 10.30AM-12.00PM		LANE BLITZ AQUA ZUMBA w.ROBERTO 12.00PM- 12.45 PM	LANE SWIM FAMILY FUN SWIM 12.45PM-2.15PM	SMART ACTION PROJECT 2.30PM-3.30PM	*PUBLIC SWIM (EXCEPT 29th JULY) 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	UNDER 5'S SPLASH (EXCEPT 30th JULY) 11.00AM- 12.00PM	*PUBLIC SWIM 12.00PM-1.30PM	LANE SWIM FAMILY FUN SWIM 1.30PM-3.00PM	LANE SWIM FAMILY FUN SWIM (EXCEPT 30th JULY) 3.00PM-4.30PM	MINI WATER POLO 4.30PM-5.30PM	*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)	*SWIM BLITZ 9.00AM- 9.45AM	SMART ACTION PROJECT 10.00AM-11.00AM	LANE BLITZ AQUA ZUMBA w.ROBERTO 11.00AM- 11.45AM	*PUBLIC SWIM 12.00PM-1.30PM	LANE SWIM FAMILY FUN SWIM 1.30PM-3.00PM	LANE SWIM FAMILY FUN SWIM (EXCEPT 31st JULY) 3.00PM-4.30PM	MONOFIN & MERMAID 2 HOUR EXPERIENCE 4.30PM-6.30PM		*ADULTS ONLY SWIM 6.30PM-8.00PM	
THURS		*PUBLIC SWIM 9.00AM-10.30AM	HOLIDAY SWIM LESSONS 10.30AM-11.30AM	LANE SWIM FAMILY FUN SWIM 11.30AM-1.00PM		LANE SWIM FAMILY FUN SWIM 1.00PM-2.30PM	LANE SWIM 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	HOLIDAY SWIM LESSONS 10.30AM-11.30AM	UNDER 5'S SPLASH 11.30AM- 12.30PM	AQUAFIT BLITZ 12.30PM- 1.00PM	LANE SWIM FAMILY FUN SWIM 1.00PM-2.30PM	LANE SWIM 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 29th July - 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, 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.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, for ages 6 plus and must be able to swim a length of the pool.
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 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

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- 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

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