

HEIGHTS POOL PROGRAMME

1leisure
have fun, get fit, stay fit

Heights

	MAIN POOL							SMALL POOL										
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
7AM		Lane swim 6.30 to 7.30am		Lane swim 6.30 to 7.30am														
8AM	Lane swim 7 to 8.30am	Marlins Swim Club ¹ 7.30 to 8.30am	Lane swim 7 to 8.30am	Marlins Swim Club ¹ 7.30 to 8.30am	Lane swim 7 to 8.30am													
9AM		Casual swim 8.30 to 9.30am																
10AM	Casual swim 8.30 to 10.30am	Adult swim lessons 9.30 to 11am	Casual swim 8.30 to 10.30am	Casual swim 8.30 to 11am	Casual swim 8.30 to 10.30am			Low intensity aquacise 9.45 to 10.30am	Aqua Babes 10 to 11am	Low intensity aquacise 9.45 to 10.30am	Aqua Babes 10 to 11am	Low intensity aquacise 9.45 to 10.30am					Junior swim lessons 8.30 to 11am	
11AM	Aquacise 10.30 to 11.15am	Aquacise 10.30 to 11.15am	Aquacise 10.30 to 11.15am	Aquacise 10.30 to 11.15am	Aquacise 10.30 to 11.15am													
12PM	Aquacise 11.15 to 12 noon	Aquacise 11am to 12 noon	Aquacise 11.15 to 12 noon	Aquacise 11am to 12 noon	Aquacise 11.15 to 12 noon													
1PM	Lane swim 12 to 1pm	Lane swim 12 to 1pm	Lane swim 12 to 1pm	Lane swim 12 to 1pm	Lane swim 12 to 1pm													
2PM	School swim 1 to 2.45pm	School swim 1 to 2.45pm	School swim 1 to 2.45pm	School swim 1 to 2.45pm	School swim 1 to 2.45pm													Casual swim 9am to 4pm
3PM	Casual swim 2.45 to 4pm	Casual swim 2.45 to 4pm	Casual swim 2.45 to 4pm	Casual swim 2.45 to 4pm	Casual swim 2.45 to 4pm													
4PM																		
5PM	Junior swim lessons 4 to 5.30pm	Junior swim lessons 4 to 5.30pm	Junior swim lessons 4 to 5.30pm	Junior swim lessons 4 to 5.30pm	Junior swim lessons 4 to 5.30pm													
6PM	Lane swim 5.30 to 6.30pm	Lane swim 5.30 to 6.30pm	Lane swim 5.30 to 6.30pm	Lane swim 5.30 to 6.30pm	Lane swim 5.30 to 6.30pm													
7PM	Aquacise 6.30 to 7.30pm	Swimfit and Aqua rehab/natal 6.30 to 7.30pm	Aquacise 6.30 to 7.30pm	Casual swim 6.30 to 8pm	Aquacise 6.30 to 7.30pm													
8PM	Casual swim 7.30 to 9pm	Adult swim ² 7.30 to 9pm	Casual swim 7.30 to 9pm	Adult lane swim 8 to 9pm	Casual swim 7.30 to 9pm													
9PM																		

3645 PLA 05/17 LF

Notes:

- 1 Private hire sessions – if you wish to join these sessions please book and pay direct with the relevant group, not 1Leisure.
- 2 In certain sessions we may also hold staff training at this time.

TEL: 01983 823880

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