TARGETFITNESS+

SMALL SWIMMING POOL TIMETABLE

TARGETSPORTS

	Morning					Afternoon					Evening			
	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
Monday	Early Bird Swim 7.00-8.30		Schools 9.00-12.00			Public Swim 12.00-1.15	Swim Play 1.15-1.45 Swim Start 1.45-2.15 Swim Link 2.15-2.45		Public Swim 2.45-4.00	Lessons 4.00-8.00				Adult Lessons 8.00-9.45		
Tuesday	Early Bird Swim 7.00-8.30		Schools 9.00-12.00			Public Swim 12.00-4.00				Lessons 4.00-8.00				Public Swim 8.00-9.00		
Wednesday	Early Bird Swim 7.00-8.30		Schools 9.00-12.00			Public Swim 12.00-3.00			Theraputic Sessions 3.00-4.30	Lessons 4.30-7.30				Saracens Swimming Club 7.30-10.00		
Thursday	Early Bird Swim 7.00-8.30		Adult Lessons 9.15-10.00	Swim Play 10.00-10.30 10.30-11.00	Theraputic Sessions 11.00-12.00	Public Swim 12.00-1.15	Swim Play 1.15-1.45 Swim Start 1.45-2.15 Swim Link 2.15-2.45		Public Swim 2.45-6.00		Saracens Swimming Club 6.00-10.00					
Friday			Schools 9.00-12.00			Public Swim 12.00-1.00	Swim Play 1.00-1.30	Adult Lessons 1.45-2.30	Public Swim 2.30-4.00	Lessons 4.00-8.00				Adult Lessons 8.00-9.00		
Saturday		Public Swim 8.00-9.00	Lessons 9.00-12.15				Saracens Swimming Club 12.15-1.30		Public Swim 1.30-4.15		Childrens Parties 4.45-6.45					
Sunday			Public Swim 9.00-12.15				Saracens Swimming Club 12.15-1.30	Family Fun Session 1.30-3.30		Public Swim & Adult Lane Swim 3.45-4.45	Lessons 5.00-7.00					

Please Note: Prices and times are subject to change and may occur at short notice. The timetable is also subject to change during school and bank holidays. If in doubt please contact the centre. Last admission to the pool is 30 mins before the stated closing time. Children under 9 years of age who cannot swim 25 metres competently without swim aids must be accompanied by an adult. (1 adult per 2 children)

Public Sessions

www.sportinstockport.com

TARGETFITNESS+

MAIN SWIMMING POOL TIMETABLE

TARGETSPORTS

	Morning												Afternoon												Evening					
	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
Monday	Early Bird Swim 7.00-8.30		Schools 9.00-12.00			Public Swim 12.00-7.00					Lessons (1 Lane Only) 4.30-8.00		Adults Only 7.00-8.00	Ladies Only 8.00-9.00	Aqua Aerobics 9.00-9.45	
Tuesday	Early Bird Swim 7.00-8.30		Schools 9.00-12.00			Public Swim 12.00-9.30										
						Adult Lane Swim 12.00-1.15		School Lanes 1.30-3.00			Lessons (1 Lane Only) 4.30-8.00					
Wednesday	Early Bird Swim 7.00-8.30		Schools 9.00-12.00			Public Swim 12.00-7.30								Disabled Club 7.30-8.30	Swimming Club 8.30-10.00	
											Lessons (1 Lane Only) 4.30-7.30					
Thursday	Early Bird Swim 7.00-8.30		Over 50's 9.00-10.00	Fit for Life 10.00-11.00	Aqua Aerobics 11.15-12.00 Adult Lane Swim											
						Adult Lane Swim 12.00-1.15		Public Swim 12.00-6.00					Saracens Swimming Club 6.00-10.00			
Friday			Schools 9.00-12.00			Public Swim 12.00-4.00				Soft Play 4.00-5.30		Public Swim 5.30-9.00				Lessons 9.00-10.00
										Lessons (1 Lane Only) 4.00-7.50						
										Adult Lane Swim (1 Lane Only) 4.00-7.45						
Saturday		Public Swim 8.00-9.00	Lessons 9.00-12.15				Saracens Swimming Club 12.15-1.30		Public Swim 1.30-4.15			Childrens Parties 4.45-6.45				
Sunday			Public Swim 9.00-12.15				Saracens Swimming Club 12.15-1.30	Family Fun Session 1.30-3.30		Public Swim & Adult Lane Swim 3.45-4.45		Metro Swimming Club 5.00-7.00		Canoe Club 7.00-8.45		

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Public Sessions