Dorchester Sports Centre Coburg Road, Dorchester DT1 HR T 01305 858400 www.1610.org.uk

MAIN POOL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00	06.00-06.50 Adult lanes	06.00-06.50 Adult lanes	06.00-06.50 Adult lanes	06.00-06.50 Adult lanes	06.00-06.50 Adult lanes	06.00-06.50 Adult lanes	06.00-06.50 Adult lanes
07.00	07.00-07.50 Adult lanes	07.00-07.50 Adult lanes	07.00-07.50 Adult lanes	07.00-07.50 Adult lanes	07.00-07.50 Adult lanes	07.00-07.50 Just lanes	07.00-07.50 Just lanes/Just swim
08.00	08.00-08.50 Adult lanes	08.00-08.50 Adult lanes	08.00-08.50 Adult lanes	08.00-08.50 Adult lanes	08.00-08.50 Adult lanes		08.00-08.50 Just lanes/Just swim
09.00	09.00-09.50 Just lanes	09.00-09.50 Just lanes	09.00-09.50 Just lanes	09.00-09.50 Just lanes			09.00-11.00 Junior swimming lessons
10.00	10.00-10.45 Holiday activities/ Just lanes	10.00-11.30 Private hire	10.00-11.30 Private hire	10.00-10.50 Just lanes/ Holiday activities	09.30-12.00 Holiday activities	08.30-13.45 Junior swimming lessons	
11.00	11.00-11.50 Just lanes	T HVate line		11.00-11.50 Just lanes/ Holiday activities	Tioliday activities		11.00-11.50 Just lanes/Just swim
12.00	12.00-12.50 Adult lanes	12.00-12.50 Adult lanes	12.00-12.50 Adult lanes	12.00-12.50 Adult lanes	12.00-12.50 Adult lanes		12.00-12.50 Just lanes/Just swim
13.00	13.00-13.50 Adult lanes	13.00-13.50 Adult lanes	13.00-13.50 Adult lanes	13.00-13.50 Adult lanes	13.00-13.50 Adult lanes		13.00-13.50 Just lanes/Just swim
14.00	14.00-14.50 Just lanes/Just swim	14.00-14.50 Just lanes/Just swim	14.00-14.50 Just lanes/Just swim	14.00-14.50 Just lanes/Just swim	14.00-14.50 Just lanes/Just swim	14.00-14.50 Just lanes/Just swim	14.00-14.50 Just lanes/Just swim
15.00	15.00-15.50 Just lanes/Just swim	15.00-15.50 Just lanes/Just swim	15.00-15.50 Just lanes/Just swim	15.00-15.50 Just lanes/Just swim	15.00-15.50 Just lanes/Just swim	15.00-15.50 Just lanes/Just swim	15.00-15.50 Just lanes/Just swim
16.00		16.00-18.00			16.00-18.00	16.00-16.50 Just lanes/Just swim	
17.00	16.00-18.50 Junior swimming lessons	Junior swimming lessons	16.00-18.45 Junior swimming lessons	16.00-18.45 Junior swimming lessons	Junior swimming lessons		
18.00						17.00-21.45 Private hire	16.00-21.00 WDSC
19.00	19.00-19.50 WDSC/Adult lanes		19.00-19.50 Just swim/Just lanes	19.00-19.45 Just lanes/Just swim	18.00-21.30		
20.00	20.00-20.50 WDSC/Adult lanes	19.00-21.00 WDSC	20.00-20.50 Adult lanes	20.00-20.50 Adult lanes	WDSC		
21.00	21.00-21.50 Adult lanes	21.00-21.50 Adult lanes	21.00-21.50 Adult lanes				21.05-21.50 Adult lanes
22.00							

LEARNER POOL

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Time
06.00-06.50 Just lanes	06.00-06.50 Just lanes	06.00-06.50 Just lanes	06.00-06.50 Just lanes	06.00-06.50 Just lanes	06.00-06.50 Just lanes	06.00-06.50 Just lanes	06.00
07.00-07.50 Just lanes	07.30-08.15	07.00-07.50 Just lanes	07.00-07.50 Just lanes	07.00-07.50 Just lanes	07.00-07.50 Just swim	07.00-07.50 Just swim	07.00
08.00-08.50 Just swim	Aquafit	08.30-09.15 Aquafit	08.00-08.50 Just lanes	08.00-08.50 Just swim	8.00-13.45 Junior swimming lessons	08.00-10.00 Junior swimming lessons	08.00
	09.30-10.00						09.00
09.30-10.15 Aqua MOVE	Junior swimming lessons 10.00-10.50 Just swim	09.30-12.00	09.30-10.15 Aqua Gold	09.30-10.15 Aqua MOVE		10.00-10.50 Just swim	10.00
44 00 40 45	11.00-11.50 Just swim	Junior swimming lessons	10.30-11.15 Aqua Gold	11.00-11.50 Just swim		11.00-11.50 Just swim	11.00
11.30-12.15 AquaHiiT	12.00-12.50 Just swim	12.00-12.50 Just swim	12.00-13.45 Junior swimming lessons			12.00-12.50 Just swim	12.00
13.15-14.15 Junior swimming	13.00-13.50 Just swim	13.00-13.30 Junior swimming lessons				13.00-13.50 Just swim	13.00
lessons	14.00-14.50 Just swim	14.00-14.50 Just swim	14.00-14.50 Just swim		14.00-14.50 Just swim	14.00-14.50 Just swim	14.00
15.00-15.50 Just swim	15.30-17.30 Junior swimming lessons	15.00-15.50 Just swim	15.00-15.50 Just swim	12.45-18.30 Junior swimming lessons	15.00-15.50 Just swim	15.00-15.50 Just swim	15.00
		16.00-20.00 Junior swimming lessons	16.00-19.15 Junior swimming lessons		16.00-16.50 Just swim		16.00
							17.00
16.00-20.30 Junior/Adult swimming	18.00-18.50 Just swim					17.00-19.00 WDSC	18.00
lessons	Just swilli			18.45-20.45 WDSC			19.00
	19.30-20.15 Aquafit		19.45-20.30				20.00
			Aqua HiiT				_0.00
							21.00
							22.00

⁻ Children under the age of 4 years should be accompanied and constantly supervised in the water by a responsible person aged at least 16 years; on a 1 to 1 basis in the main pool and a 2 - 1 basis in the small pool. - Children aged between 4 and 7 years should be accompanied and constantly supervised in the water by a responsible person aged at least 16 years, on a 2 to 1 basis. - Customers who suffer with epilepsy and do not take medication to control the condition must inform reception and be assisted in the water with a helper on a 1 to 1 basis. - All customers suffering from medical conditions that can cause problems or affect them while using the facility are asked to inform reception before they take part in activities.