

South Molton Swimming Pool

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
Mon					09.30-10.00 Swim lessons 09.30-10.00 Just swim	10.00-11.00 Just swim	11.00-12.00 Golden Group swim	12.00-13.00 Lunchtimes lanes	13.00-15.00 Schools	15.00-16.00 Just swim	16.00-19.30 Swim lessons & Swim Club					
Tue		07.30-09.30 Early birds			09.30-10.30 Golden Group swim	10.30-12.00 Ladies only swim	12.00-13.00 Lunchtime lanes	13.00-15.00 Schools		15.00-16.00 AquaFit	16.00-18.00 Swim lessons		18.00-19.00 Just swim			
Wed					09.30-11.15 Just swim		11.15-12.00 Aqua mobility	12.00-13.00 Lunchtime lanes	13.00-15.00 Schools	15.00-16.00 Just swim	16.00-18.00 Swim lessons		18.00-19.00 Just swim	19.00-20.30 Adult lanes		
Thu		07.30-09.30 Early birds			09.30-10.30 Golden Group swim	10.30-12.00 Just swim	12.00-13.00 Lunchtime lanes	13.00-15.00 Schools		15.00-16.00 Just swim	16.00-18.00 Swim lessons		18.00-19.00 Just swim			
Fri					09.30-10.30 Golden Group swim 09.30-10.30 Swim lessons	10.30-12.00 Aqua mobility	12.00-13.00 Lunchtime lanes	13.00-15.00 Schools		15.00-19.00 Just swim						
Sat			08.30-09.30 Just lanes		09.30-11.00 Just swim		11.15-12.45 Fun 'n' floats									
Sun			08.30-09.30 Just lanes		09.30-11.00 Just swim		11.15-12.45 Fun 'n' floats		13.00-15.00 Just swim							



- All under 8's must be accompanied by an adult (16yrs+) at all times (1 adult : 1 child under 4yrs / 1 adult : 2 children age 4 - 8yrs).
- Aqua nappies must be worn by under 3's.
- Last admission 1 hour prior to closing.
- Please note that the pool will be cleared 5 mins before the end of all swim sessions.
- We reserve the right to change activities at short notice.