



# HOLIDAY SWIM **TIMETABLE**

**Dorchester Sports Centre** Coburg Road, Dorchester DT1 2HR

T 01305 858400 **f** 



Membership could save you up to £48.00 per month compared to pay as you go\*

#### MAIN POOL - EASTER WEEK 1

#### **SMALL POOL - EASTER WEEK 1**

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00- 07.00 Private booking	06.00- 07.00	06.00-07.00 Just lanes	<b>06.00-07.00</b> Just lanes	<b>06.00-07.00</b> Just lanes			06.00							
<b>07.00-08.00</b> Just lanes	07.00- 08.00 Masters Just lanes 07.00- 08.00 Masters swim	07.00- 08.00	<b>07.00-08.00</b> Just lanes	<b>07.00-08.00</b> Just lanes	07.00- 08.00 Just lanes 07.00- 08.30 Swimfit	<b>07.00-08.00</b> Just lanes	07.00	<b>07.00-08.00</b> Just swim	<b>07.15-08.00</b> Aquafit		<b>07.00-08.00</b> Just swim	<b>07.00-08.00</b> Just swim		
<b>08.00-09.00</b> Just lanes	08.00-09.00 Just lanes	08.00- 09.00 Deep Water Just swim 08.15-09.00 Aquafit	<b>08.00-09.00</b> Just lanes	08.00- 09.00 Deep Water Just swim 08.15-09.00 Aquafit	00.00-	<b>08.00-09.00</b> Just lanes	08.00	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim		
09.00- 10.00		<b>09.10-10.00</b> Inflatafun 8-16yrs	09.00- 10.00 Deep Water Just swim Aquafit	<b>09.10-09.55</b> Inflatafun 4-7yrs		09.00- 10.00 Just lanes 09.00-	09.00	09.25-10.10	09.00-11.00		<b>09.00-10.00</b> Golden Group	<b>09.15-10.00</b> Aqua MOVE	8.30-11.45	
10.00- 11.00 Adult stroke technique	<b>10.00-10.55</b> Fun 'n' floats	10.15-11.00 Deep Water Pump Just swim	<b>10.00-11.00</b> Fun 'n' floats	<b>10.00-10.505</b> Inflatafun 8-16yrs	08.00-12.15 Junior swimming lessons	10.00- 11.00 Just lanes	10.00	Aqua MOVE  10.15-11.00  Aqua Pilates	Junior swimming lessons	09.00-12.00 Junior swimming lessons	<b>10.15-11.00</b> Aqua MOVE	<b>10.00-11.00</b> Golden Group	Junior swimming lessons	10.00-11.00 Just swim
<b>11.00-11.55</b> Fun 'n' floats	12.00 Learn to dive	11.00- 12.00 12.00 Just lanes Just swim	11.00- 12.00 Adult lessons Just lanes	11.00- 12.00 12.00 Just lanes Just swim		11.00-11.55 Fun 'n' floats	11.00	11.15-12.00 Disability Aqua	<b>11.00-11.50</b> Fun 'n' floats		11.00-11.45 Disability Aqua	<b>11.15-12.00</b> Aqua Pilates		<b>11.00-11.55</b> Fun 'n' floats
12.00- 13.00 12.45 Deep Water Just swim	12.00- Competitive diving Lunchtime lanes	<b>12.00-12.55</b> Fun 'n' floats	12.00-13.00 Lunchtime lanes	<b>12.00-12.55</b> Fun 'n' floats	12.00-13.00 Staff training	12.00- 13.00 13.00 Just lanes Just swim	12.00	<b>12.00-13.00</b> Golden Group	<b>12.00-13.00</b> Golden Group	<b>12.00-12.55</b> Fun 'n' floats	Tun 'n' floats 11.45-13.45 Junior swim lessons 13.00-14.00			<b>12.00-12.55</b> Fun 'n' floats
13.00-14.00 Just lanes	13.00- 13.55 13.55 Fun 'n' Holiday floats activities	<b>13.00-14.00</b> Just lanes	13.00- 14.00 14.00 Just lanes 13.00- 14.00 Just swim	<b>13.00-14.00</b> Just lanes	<b>13.00-13.55</b> Fun 'n' floats	<b>13.00-13.55</b> Fun 'n' floats	13.00	<b>13.00-14.00</b> Fun 'n' floats	13.00-14.00 Just swim	<b>13.00-14.00</b> Just swim		12.00-15.00 Junior swimming lessons	13.00-14.00 Just swim	<b>13.00-14.00</b> Just swim
<b>14.10-15.00</b> Inflatafun 8-16yrs	14.00- 15.00 Just lanes 14.00- 15.00 Holiday activities	<b>14.00-15.00</b> Fun 'n' floats	<b>14.00-14.55</b> Fun 'n' floats	<b>14.00-14.55</b> Fun 'n' floats	14.00- 15.00 15.00 Just lanes Just swim	14.00- 15.00 15.00 15.00 Just lanes Just swim	14.00	<b>14.00-15.00</b> Fun 'n' floats	<b>14.00-15.00</b> Just swim		<b>14.00-14.55</b> Fun 'n' floats		<b>14.00-14.55</b> Fun 'n' floats	<b>14.00-15.00</b> Just swim
<b>15.05-15.50</b> Inflatafun 4-7yrs	15.00- 16.00 16.00 Just lanes Just swim	15.00- 16.00 16.00 Just lanes Just swim	<b>15.00-16.00</b> Just lanes	15.00- 16.00 16.00 Just lanes Just swim	<b>15.00-16.00</b> Just lanes	<b>15.00-16.00</b> Just lanes	15.00				<b>15.00-16.00</b> Just swim		<b>15.00-16.00</b> Just swim	
	16.00-18.00			<b>16.00-17.00</b> Just swim		16.00-20.00 WDSC	16.00					16.00-17.00 Just swim	14.00-14.55 Fun 'n' floats Just s 15.00-16.00 Just swim	16.00-18.00
16.00-18.30 Junior swimming lessons	lessons	16.00-18.45 Junior swimming lessons	16.00-19.15 Junior swimming lessons	<b>17.00-18.00</b> Just lanes	16.00-19.00 WDSC		17.00		15.30-19.00 Junior swimming lessons	Junior swimming lessons	<b>16.00-19.15</b> Junior swimming	<b>17.00-17.55</b> Fun 'n' floats		WDSC
40.00	18.00-19.00 Just lanes						18.00	16.00-20.30 Junior swimming lessons			lessons	10.00.00.00		
20.00 Adult lanes	0 t		18.45-21.35 Just lanes/Weymouth	18.00-21.30			19.00		19.15-20.00	19.15-20.00	19.15-20.00	18.00-20.00 WDSC		
19.00-21.00		<b>18.45-21.35</b> WDSC	20.00-21.00	WDSC			20.00		Aquant	Adult swim lessons	Aquaiit			
			Just lanes Masters				21.00							
	06.00- 07.00	06.00-  07.00   07.00   07.00   07.00   08.00   07.00   08.00   08.00   09.0	06.00-  07.00   07.00   07.00   07.00   08.00   08.00   08.00   08.00   09.0	06.00-   07.00   07.00   07.00   07.00   08.00   08.00   09.00   08.00   09.	06.00-  07.00   07.00-  07.00   07.00-  07.00   07.00-  07.0	06.00-   07.00	06.00	0.00	1.00 - 1.00   1.00 - 1.00   1.00 - 1.00   1.00 - 1.00   1.00	Column   C	Continue   Continue		Part   Control   Part   Control   Part   Control   Part   Control   Part   Control   Part   Part   Control   Part   Par	Note   1

- 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.

#### MAIN POOL - EASTER WEEK 2

#### **SMALL POOL - EASTER WEEK 2**

Time	Easter Mon	Tue	Wed	Thu	Good Fri	Sat	Easter Sun	Time	Mon	Tue	Wed	Thu	Fri	Sat	Easter Sun
06.00	06.00- 07.00	06.00- 07.00	<b>06.00-07.00</b> Just lanes	<b>06.00-07.00</b> Just lanes				06.00							
07.00	<b>07.00-08.00</b> Just lanes	07.00- 08.00	07.00- 08.00	<b>07.00-08.00</b> Just lanes	<b>07.00-08.00</b> Just lanes	07.00- 08.00	<b>07.00-08.30</b> WDSC	07.00	<b>07.00-08.00</b> Just swim	<b>07.15-08.00</b> Aquafit		<b>07.00-08.00</b> Just swim	<b>07.00-08.00</b> Just swim		
08.00	<b>08.00-09.00</b> Just lanes	<b>08.00-09.00</b> Just lanes	08.00- 09.00 Deep Water Just swim 08.15-09.00 Aquafit	<b>08.00-09.00</b> Just lanes	08.00- 09.00 Deep Water Just swim 08.15-09.00 Aquafit	Masters		08.00	<b>08.00-09.00</b> Just swim		8.00-10.00				
09.00	09.00- 10.00	09.00- 10.00 Deep Water Just swim 09.15-10.00 Aquafit	<b>09.10-10.00</b> Inflatafun 8-16yrs	09.00- 10.00 Deep Water Just swim 09.15-10.00 Aquafit	<b>09.10-09.55</b> Inflatafun 4-7yrs		<b>08.30-10.00</b> Just lanes	09.00	09.25-10.10	09.00-11.00		<b>09.00-10.00</b> Golden Group	<b>09.15-10.00</b> Aqua MOVE	8.30-11.45	Junior swimming lessons
10.00	10.00- 11.00 Just lanes 10.05-10.50 Adult stroke technique	<b>10.00-10.55</b> Fun 'n' floats	10.15-11.00 Deep Water Pump	<b>10.00-11.00</b> Fun 'n' floats	<b>10.00-10.505</b> Inflatafun 8-16yrs	08.00-12.15 Junior swimming lessons	10.00- 11.00 Just lanes JSL	10.00	Aqua MOVE  10.15-11.00  Aqua Pilates	Junior swimming lessons	09.00-12.00 Junior swimming lessons	<b>10.15-11.00</b> Aqua MOVE	<b>10.00-11.00</b> Golden Group	Junior swimming lessons	<b>10.00-11.00</b> Just swim
11.00	<b>11.00-11.55</b> Fun 'n' floats	11.00- 12.00 Learn to dive Just lanes		11.00- 12.00	11.00- 12.00 12.00 Just lanes Just swim		<b>11.00-11.55</b> Fun 'n' floats	11.00	11.15-12.00 Disability Aqua	<b>11.00-11.50</b> Fun 'n' floats		11.00-11.45 Disability Aqua	<b>11.15-12.00</b> Aqua Pilates		<b>11.00-11.55</b> Fun 'n' floats
12.00	12.00- 13.00 12.45 Deep Water Just swim	12.00- 13.00 Competitive diving Lunchtime lanes	<b>12.00-12.55</b> Fun 'n' floats	12.00-13.00 Lunchtime lanes	<b>12.00-12.55</b> Fun 'n' floats		12.00- 13.00 Just lanes 12.00- 13.00 Just swim	12.00	<b>12.00-13.00</b> Golden Group	<b>12.00-13.00</b> Golden Group	<b>12.00-12.55</b> Fun 'n' floats	11.45-13.45 Junior swim			<b>12.00-12.55</b> Fun 'n' floats
13.00	13.00- 14.00 Just lanes 13.00- 14.00 Just swim	13.00- 13.55 Fun 'n' floats	<b>13.00-14.00</b> Just lanes	13.00- 14.00 14.00 Just lanes Just swim	<b>13.00-14.00</b> Just lanes	<b>13.00-13.55</b> Fun 'n' floats	<b>13.00-13.55</b> Fun 'n' floats	13.00	<b>13.00-14.00</b> Fun 'n' floats	<b>13.00-14.00</b> Just swim	<b>13.00-14.00</b> Just swim	lessons	12.00-15.00 Junior swimming lessons	<b>13.00-14.00</b> Just swim	<b>13.00-14.00</b> Just swim
14.00	<b>14.10-15.00</b> Inflatafun 8-16yrs	14.00- 15.00 13.55 Just lanes Holiday activities	<b>14.00-15.00</b> Fun 'n' floats	<b>14.00-14.55</b> Fun 'n' floats	<b>14.00-14.55</b> Fun 'n' floats	14.00-15.30 WDSC	14.00- 15.00 15.00 Just lanes Just swim	14.00	<b>14.00-14.55</b> Fun 'n' floats	<b>14.00-15.00</b> Just swim		<b>14.00-14.55</b> Fun 'n' floats		<b>14.00-14.55</b> Fun 'n' floats	<b>14.00-15.00</b> Just swim
15.00	<b>15.05-15.50</b> Inflatafun 4-7yrs	15.00- 16.00 Holiday activities	15.00- 16.00 16.00 Just lanes Just swim	<b>15.00-16.00</b> Just lanes	15.00- 16.30 Just lanes		15.00-16.00 Just lanes	15.00				<b>15.00-16.00</b> Just swim			
16.00		16.00-18.00			Just laries			16.00			15.30-19.15		<b>16.00-17.00</b> Just swim		
17.00	16.00-18.30 Junior swimming lessons	Junior swimming lessons	16.00-18.45 Junior swimming lessons	16.00-19.15 Junior swimming lessons	16.30-18.30 WDSC			17.00		15.30-19.00 Junior swimming lessons	Junior swimming lessons	16.00-19.15 Junior swimming lessons			
18.00	18.30-	18.00-19.00 Just lanes						18.00	16.00-20.30 Junior swimming lessons			icasulis			
19.00	20.00 Adult lanes	19.00-21.00		18.45-21.35 Just lanes/Weymouth Livesaving/Adult lessons				19.00		<b>19.15-20.00</b> Aquafit	<b>19.15-20.00</b> Adult swim lessons	<b>19.15-20.00</b> Aquafit			
20.00	19.00-21.00 WDSC	WDSC	<b>18.45-21.35</b> WDSC	20.00- 20.15- 21.00 Swimfit Just lanes Masters				20.00							
21.00				moters moters				21.00							

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#### MAIN POOL - EASTER MONDAY/TERM TIME

### **SMALL POOL - EASTER MONDAY/TERM TIME**

Time	Easter Mon	Tue	Wed	Thu	Fri	Sat	Sun	Time	Easter Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00	<b>06.00-07.00</b> Just lanes	06.00- 07.00 Just lanes	<b>06.00-07.00</b> Just lanes	<b>06.00-07.00</b> Just lanes	06.00-07.00 Just lanes			06.00							
07.00	<b>07.00-08.00</b> Just lanes	07.00- 08.00 Just lanes 08.00 Swimfit Masters	07.00- 08.00		<b>07.00-08.00</b> Just lanes	07.00- 08.30 08.30 Just Swimfit	<b>07.00-08.00</b> Just lanes	07.00	<b>07.00-08.00</b> Just swim	<b>07.15-08.00</b> Aquafit		<b>07.00-08.00</b> Just swim	<b>07.00-08.00</b> Just swim		
08.00	<b>08.00-09.00</b> Just lanes	08.00-09.00 Just lanes	08.00- 09.00 Deep Water Just swim 08.15-09.00 Aquafit	<b>08.00-09.00</b> Just lanes	08.00- 09.00 Deep Water Just swim 08.15-09.00 Aquafit	lanes Masters	08.00-09.00 Just lanes	08.00	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim	<b>08.00-09.00</b> Just swim		08.00-10.00
09.00	09.00- 10.00 Just lanes 09.15-10.00 Aqua jogging	09.00- 10.00 Deep Water Just swim 09.15-10.00 Aquafit	<b>09.00-11.30</b> Schools	09.00- 10.00 Deep Water Just swim 09.15-10.00 Aquafit	09.00- 10.00 Just lanes		09.00- 10.00 Just lanes	09.00	<b>09.25-10.10</b> Agua MOVE	09.00-11.00 Junior swimmina		<b>09.00-10.00</b> Golden Group	<b>09.15-10.00</b> Aqua MOVE	8.30-11.45	Junior swimming lessons
10.00	10.00- 11.00 Just lanes	10.00- 11.00 Just lanes	10.15-11.00 Deep Water Pump	<b>10.00-11.00</b> Just lanes	10.00- 11.00 Just swim 09.00- 12.00 Schools	08.30-12.15 Junior swimming lessons	10.00- 11.00 Just lanes	10.00	10.15-11.00 Aqua Pilates	lessons	09.00-12.00 Junior swimming lessons	<b>10.15-11.00</b> Aqua MOVE	<b>10.00-11.00</b> Golden Group	Junior swimming lessons	<b>10.00-11.00</b> Just swim
11.00	<b>11.00-11.55</b> Fun 'n' floats	11.00- 12.00 Just swim	11 00	11.00-11.45 Adult swim lessons 11.00- 12.00 Schools	11.00- 12.00 Just lanes		11.00-11.55 Fun 'n' floats	11.15-12.00 Disability Aqua	11.00-11.30 Schools		11.00-11.45 Disability Aqua	<b>11.00-11.45</b> Aqua Pilates		<b>11.00-11.50</b> Fun 'n' floats	
12.00	12.00- 13.00 12.45 Deep Water Just swim	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes		12.00- 13.00 Just lanes 12.00- 13.00 Just swim	12.00	<b>12.00-13.00</b> Golden Group	<b>12.00-13.00</b> Golden Group		11.45-13.15 Adult swimming lessons			<b>12.00-12.55</b> Fun 'n' floats
13.00	13.00- 14.00 Just lanes 13.00- 14.00 Just swim	13.00-14.00 Schools	13.00- 14.00 Just lanes	13.00- 14.00 Just lanes 13.00- 15.00	<b>13.00-14.00</b> Just lanes	<b>13.00-13.55</b> Fun 'n' floats	<b>13.00-14.00</b> Fun 'n' floats	13.00	<b>13.00-14.00</b> Fun 'n' floats	<b>13.00-14.00</b> Just swim	<b>13.00-14.00</b> Just swim	13.15-13.45 Junior swim lessons	12.00-15.00 Junior swimming lessons	<b>13.00-14.00</b> Just swim	<b>13.00-13.50</b> Just swim
14.00	<b>14.10-15.00</b> Inflatafun 8-16yrs	<b>14.00-15.00</b> Just lanes	14.00- 15.00 Just lanes 15.20 Schools	14.00- 15.00 Just lanes	14.00- 15.00 15.00 Just lanes Schools	14.00- 15.00 Just lanes 14.00- 15.00 Just swim	14.00- 15.00 Just lanes 14.00- 15.00 Just swim	14.00	<b>14.00-14.55</b> Fun 'n' floats	14.00-14.30 Schools	14.00-14.30 Schools	<b>14.00-15.00</b> Schools		<b>14.00-14.50</b> Fun 'n' floats	<b>14.00-14.50</b> Just swim
15.00	<b>15.05-15.50</b> Inflatafun 4-7yrs	15.00- 16.00 Just lanes 15.00- 16.00 Just swim	15.00- 16.00 Just lanes 15.00- 16.00 Just swim	15.00-16.00 Just lanes	<b>15.00-16.00</b> Just lanes	<b>15.00-16.00</b> Just lanes	<b>15.00-16.00</b> Just lanes	15.00				<b>15.00-16.00</b> Just swim		<b>15.00-16.00</b> Just swim	
16.00	44 00 40 00	16.00-18.00		Just 18.45 16.00-19.00 swimming Junior swimming 17.0	<b>16.00-17.00</b> Just swim	<b>16.00-19.00</b> WDSC	16.00-20.00	16.00		15.30-19.00 Junior swimming lessons 15.30-19.15 Junior swimming lessons		16.00-19.15 Junior swimming lessons			
17.00	16.00-18.30 Junior swimming lessons	Junior swimming lessons	16.00-18.45 Junior swimming lessons		<b>17.00-18.00</b> Just lanes			17.00			Junior swimming				17.00-19.00
18.00		18.00-19.00 Just lanes					WDSC	18.00	16.00-20.30 Junior swimming lessons						WDSC
19.00		19.00-21.00	18.45-21.30	18.45-20.15 Adult swim lessons	18.00-21.30 WDSC			19.00		<b>19.15-20.00</b> Aqua HiiT	19.15-20.00 Adult swim lessons	<b>19.15-20.00</b> Aquafit	<b>18.45-20.45</b> WDSC		
20.00		WDSC	WDSC	20.00- 20.15- 21.00 Swimfit Adult lanes Masters				20.00				20.15-21.00 Adult swim lessons			
21.00								21.00							

- 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.
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## UNDER 8'S SWIMMING POLICY



1 adult with 1 child aged under 4 years



1 adult with 2 children aged 4 - 7 years



1 adult with 1 child under 4 years and 1 child aged 4 - 7 years



1 adult with 3 children: 1 aged under 4 years, 2 aged 4 - 7 years

Supervising adult must be at least 16 years of age and remain in the same pool as the child/ren. Supervising adult must ensure all non-swimmers wear approved swimming aids at all times.