

From 15th September 2025

A service provided by



1610

# SWIMMING POOL TIMETABLE

Dorchester Sports Centre  
Coburg Road, Dorchester DT1 2HR

T 01305 858400  

Membership could  
**save you  
over £70.00**  
per month compared  
to pay as you go\*



\*Based on 2 fitness studio sessions and 2 swims per week

## MAIN POOL - TERM TIME WEEK 1

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00	06.00-07.00 Just lanes	06.00-07.00 Private booking	06.00-07.00 Just lanes	06.00-07.00 Just lanes	06.00-07.00 Just lanes		
07.00	07.00-08.00 Just lanes	07.00-08.00 Just lanes	06.00-08.00 Swimfit Masters	07.00-08.00 Just lanes	07.00-08.00 Just lanes	07.00-08.30 Just lanes	07.00-08.00 Just lanes
08.00	08.00-09.00 Just lanes	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim	08.15-09.00 AquaFit	08.00-09.00 Just lanes
09.00	09.15-10.00 Aqua Jogging	09.00-10.00 Deep Water Just swim	09.00-10.00 Just lanes	09.15-10.00 AquaFit	09.00-10.00 Schools	08.30-13.00 Junior swimming lessons	09.00-10.00 Just lanes
10.00	10.05-10.50 Adult stroke technique	10.00-11.00 Just lanes	10.00-11.00 Deep Water Just swim	10.05-11.00 Deep water Pump	10.00-11.00 Just lanes		10.00-11.00 Just lanes
11.00	11.00-12.00 Just lanes	11.00-12.00 Schools	11.00-12.00 Just lanes	11.00-12.00 Just lanes	11.00-12.00 Schools		11.00-11.55 Fun 'n' floats
12.00	12.00-13.00 Deep Water Just swim	12.00-14.00 Just lanes	12.00-13.00 Just lanes	12.00-13.00 Just lanes	12.00-13.00 Just lanes		12.00-13.00 Just lanes
13.00	13.00-14.00 Just lanes	12.15-13.00 Aqua Zumba	12.00-13.00 Schools	12.00-13.00 Just lanes	12.00-13.00 Just lanes		12.00-13.00 Just swim
14.00	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just swim
15.00	15.00-16.00 Just lanes	15.00-16.00 Just lanes	15.00-16.00 Just lanes	15.00-16.00 Just lanes	15.00-16.00 Just swim	15.00-16.00 Just lanes	15.00-16.00 Just lanes
16.00	16.00-18.30 Junior swimming lessons	16.00-18.00 Junior swimming lessons	16.00-18.45 Junior swimming lessons	16.00-19.00 Junior swimming lessons	16.00-17.00 Just swim	16.00-19.00 WDSC	16.00-20.00 WDSC
17.00		18.00-19.00 Just lanes			17.00-18.00 Just lanes		
18.00	18.30-20.00 Just lanes				18.00-21.30 WDSC		
19.00		19.00-21.00 WDSC	18.45-21.00 WDSC	19.00-20.00 Just lanes			
20.00	19.00-21.00 WDSC			20.00-21.00 Just lanes	20.00-21.00 Swimfit Masters		
21.00							

## SMALL POOL - TERM TIME WEEK 1

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00	07.00-08.00 Just swim	07.15-08.00 AquaFit		07.00-08.00 Just swim	07.00-08.00 Just swim		
08.00	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	8.00-13.00 Junior swimming lessons	
09.00	09.25-10.10 Aqua MOVE	09.00-12.00 Junior swimming lessons	09.00-12.00 Junior swimming lessons	09.00-10.00 Golden Group	09.15-10.00 Aqua MOVE		
10.00	10.15-11.00 Aqua Pilates			10.15-11.00 Aqua MOVE	10.00-11.00 Golden Group		10.00-11.00 Just swim
11.00	11.15-12.00 Disability Aqua				11.15-12.00 Aqua Pilates		11.00-11.55 Fun 'n' floats
12.00	12.00-13.00 Golden Group	12.00-13.00 Golden Group	12.00-13.00 Schools	11.00-14.00 Swimming lessons			12.00-12.55 Fun 'n' floats
13.00	13.00-14.00 Schools	13.00-14.00 Just swim	13.00-14.00 Just swim	12.00-15.00 Junior swimming lessons	13.00-14.00 Just swim	13.00-14.00 Just swim	13.00-14.00 Just swim
14.00		14.00-15.00 Schools	14.00-15.00 Schools	14.00-15.00 Schools		14.00-14.55 Fun 'n' floats	14.00-15.00 Just swim
15.00	15.00-16.00 Just swim	15.00-19.00 Junior swimming lessons	15.00-19.15 Junior swimming lessons	15.00-16.00 Just swim	15.00-17.00 Just swim	15.00-16.00 Just swim	15.00-16.00 Just swim
16.00	16.00-19.00 Junior swimming lessons						16.00-18.00 WDSC
17.00					17.00-17.55 Fun 'n' floats		
18.00					18.00-20.00 WDSC		
19.00	19.00-21.00 Adult swimming lessons		19.15-20.00 Adult swim lessons				
20.00							
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.
- 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.
- Weekend timetable may change due to private bookings and Swim Galas.

MAIN POOL - TERM TIME WEEK 1

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00	06.00-07.00 Just lanes	06.00-07.00 Private booking	06.00-07.00 Just lanes	06.00-07.00 Just lanes	06.00-07.00 Just lanes		
07.00	07.00-08.00 Just lanes	07.00-08.00 Just lanes	06.00-08.00 Swimfit Masters	07.00-08.00 Just lanes	07.00-08.00 Just lanes	07.00-08.30 Just lanes	07.00-08.00 Just lanes
08.00	08.00-09.00 Just lanes	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim	08.15-09.00 AquaFit	08.00-09.00 Just lanes
09.00	09.15-10.00 Aqua Jogging	09.00-10.00 Deep Water Just swim	09.00-10.00 Just lanes	09.15-10.00 AquaFit			09.00-10.00 Just lanes
10.00	10.05-10.50 Adult stroke technique	10.00-11.00 Just lanes	10.00-11.00 Deep Water Just swim	10.00-11.00 Just lanes	10.00-11.00 Schools	09.00-12.00 Just lanes	10.00-11.00 Just lanes
11.00	11.00-12.00 Just lanes	11.00-12.00 Schools	11.00-12.00 Just lanes	11.00-12.00 Just lanes	11.00-12.00 Schools		11.00-11.55 Fun 'n' floats
12.00	12.00-13.00 Deep Water Just swim	12.15-13.00 Aqua Zumba	12.00-13.00 Just lanes	12.00-13.00 Just lanes	12.00-13.00 Just lanes		12.00-13.00 Just lanes
13.00	13.00-14.00 Just lanes	12.00-14.00 Just lanes	13.00-14.00 Just lanes	13.00-14.00 Just lanes	13.00-14.00 Just lanes	13.00-13.55 Fun 'n' floats	13.00-13.55 Fun 'n' floats
14.00	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.30 Schools	14.00-15.00 Just lanes	14.00-15.00 Schools	14.00-15.00 Just swim
15.00	15.00-16.00 Just lanes	15.00-16.00 Just lanes	15.00-16.00 Just lanes		15.00-16.00 Just swim	15.00-16.00 Just lanes	15.00-16.00 Just lanes
16.00	16.00-18.30 Junior swimming lessons	16.00-18.00 Junior swimming lessons	16.00-18.45 Junior swimming lessons	16.00-19.00 Junior swimming lessons	16.00-17.00 Just swim		
17.00					17.00-18.00 Just lanes	16.00-19.00 WDSC	16.00-20.00 WDSC
18.00		18.00-19.00 Just lanes					
19.00	18.30-20.00 Just lanes			19.00-20.00 Just lanes	18.00-21.30 WDSC		
20.00	19.00-21.00 WDSC	19.00-21.00 WDSC	18.45-21.00 WDSC	20.00-21.00 Just lanes	20.00-21.00 Swimfit Masters		
21.00							

SMALL POOL - TERM TIME WEEK 1

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00	07.00-08.00 Just swim	07.15-08.00 AquaFit		07.00-08.00 Just swim	07.00-08.00 Just swim		
08.00	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim		
09.00	09.25-10.10 Aqua MOVE			09.00-10.00 Golden Group	09.15-10.00 Aqua MOVE		
10.00	10.15-11.00 Aqua Pilates	09.00-12.00 Junior swimming lessons	09.00-12.00 Junior swimming lessons	10.15-11.00 Aqua MOVE	10.00-11.00 Golden Group	8.00-13.00 Junior swimming lessons	10.00-11.00 Just swim
11.00	11.15-12.00 Disability Aqua				11.15-12.00 Aqua Pilates		11.00-11.55 Fun 'n' floats
12.00	12.00-13.00 Golden Group	12.00-13.00 Golden Group	12.00-13.00 Schools	11.00-14.00 Swimming lessons			12.00-12.55 Fun 'n' floats
13.00	13.00-14.00 Schools	13.00-14.00 Just swim	13.00-14.00 Just swim	12.00-15.00 Junior swimming lessons	13.00-14.00 Just swim	13.00-14.00 Just swim	13.00-14.00 Just swim
14.00		14.00-15.00 Schools	14.00-15.00 Schools	14.00-15.00 Schools		14.00-14.55 Fun 'n' floats	14.00-15.00 Just swim
15.00	15.00-16.00 Just swim			15.00-16.00 Just swim	15.00-17.00 Just swim	15.00-16.00 Just swim	15.00-16.00 Just swim
16.00	16.00-19.00 Junior swimming lessons	15.00-19.00 Junior swimming lessons	15.00-19.15 Junior swimming lessons				16.00-18.00 WDSC
17.00					17.00-17.55 Fun 'n' floats		
18.00					18.00-20.00 WDSC		
19.00	19.00-21.00 Adult swimming lessons		19.15-20.00 Adult swim lessons				
20.00							
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.

• 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. • Weekend timetable may change due to private bookings and Swim Galas.

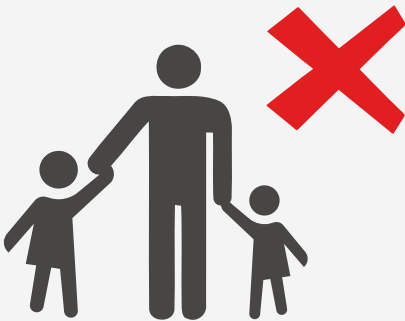
# UNDER 8'S SWIMMING POLICY



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.