

From 22nd April - 4th May
& 5th - 11th May 2025

1610

SWIMMING POOL TIMETABLE

Trinity Sports and Leisure
Chilton Street, Bridgwater TA6 3JA

T 01278 429119 

Membership could
**save you
up to £64**
per month compared
to pay as you go*



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

MAIN POOL - TERM TIME

Time	Mon						Tue						Wed						Thu						Fri						Sat						Sun					
06.00	06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds					
07.00																																										
08.00	08.00-08.45 AquaFit						08.00-08.45 Aqua Hiit						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-11.00 Swim lessons						08.00-10.00 Swim lessons					
09.00	08.45-09.30 Aqua MOVE						08.45-10.00 Just lanes						9.00-10.00 Golden Group swim						09.00-09.45 Water Circuits						09.00-10.00 Aqua Gym						09.00-10.00 Golden Group swim						09.00-10.00 Swim lessons					
10.00	09.45-12.00 Schools						09.30-10.00 1-2-1 lessons						10.00-10.45 Water Circuits						09.45-12.00 Schools						10.00-11.30 Schools						10.00-11.30 Schools						10.00-11.00 Swim lessons					
11.00	10.30-11.00 1-2-1 lessons						10.00-11.30 Schools						10.45-12.00 Schools						10.00-11.30 Schools						10.00-11.00 Just lanes						10.00-11.00 Swim lessons						10.00-11.00 Swim lessons					
12.00	12.00-13.15 Lunchtime lanes						12.00-13.30 Lunchtime lanes						12.00-13.30 Lunchtime lanes						12.00-13.30 Lunchtime lanes						12.15-13.00 AquaFit						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats					
13.00	13.15-14.15 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.00-14.45 Just lanes						13.30-14.45 Just swim						13.00-14.00 Inflatafun						13.00-14.00 Bring your own inflatable					
14.00	14.15-15.30 Just swim						14.45-15.30 Disability swim*						14.30-15.30 Just lanes						14.45-15.30 Disability swim*						14.45-15.30 Deep Water Aqua†						14.45-15.30 Aqua MOVE						14.00-15.00 Just swim					
15.00	15.30-16.00 1-2-1 Swim lessons						14.45-15.30 Disability swim*						14.45-15.30 Deep Water Aqua†						14.45-15.30 Aqua MOVE						14.45-15.30 Just lanes						14.00-15.00 Just swim						14.00-15.00 Just swim					
16.00	16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons					
17.00	16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons					
18.00	18.00-20.30 Bridgwater Swim Club						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim					
19.00	18.00-20.30 Bridgwater Swim Club						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim					
20.00	18.00-20.30 Bridgwater Swim Club						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim					
21.00	18.00-20.30 Bridgwater Swim Club						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim					

SMALL POOL - TERM TIME

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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							

*Disability swim is for people of all ages with learning difficulties and disabilities. † Deep end unavailable for Public swimming. • All under 8's must be accompanied by an adult at all times (please refer to our Under 8's Swimming Policy overleaf). • Aqua nappies must be worn by under 3's. • Last admission 1 hour prior to closing. • All sessions are booked separately for the main and small pools – users are not permitted to cross between pools during their swim session. • Please note that the pool will be cleared 5 mins before the end of all swim sessions. • Private lessons may be taking place in any area of the pools at any time. • Staff training may be taking place during this session. • We reserve the right to change activities at short notice.

MAIN POOL - TERM TIME

Time	Bank Hol Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
06.00							
07.00	07.00-08.00 Early birds	06.00-08.00 Early birds	06.00-08.00 Early birds	06.00-08.00 Early birds	06.00-08.00 Early birds	07.00-08.00 Early birds	
08.00	08.00-08.45 AquaFit	08.00-08.45 Aqua Hiit	08.00-09.00 Just lanes	08.00-09.00 Just lanes	08.00-09.00 Just lanes		08.00-09.00 Early birds
09.00	08.45-09.30 Aqua MOVE	08.45-10.00 Just lanes	9.00-10.00 Golden Group swim	09.00-09.45 Water Circuits	09.00-10.00 Aqua Gym	08.00-11.00 Swim lessons	08.00-10.00 Swim lessons
10.00	08.45-10.00 Just lanes	09.30-10.00 1-2-1 lessons	10.00-10.45 Water Circuits	09.45-12.00 Schools	10.00-11.30 Schools		10.00-11.00 Swim lessons
11.00	10.00-11.00 Fun 'n' floats	10.00-11.30 Schools	10.45-12.00 Schools			11.00-12.00 Just swim	10.00-11.00 Swim lessons
12.00	11.00-12.00 Just swim	11.30-12.00 1-2-1 lessons				11.10-11.55 Disability swim*	11.10-11.55 Deep Water Aqua†
13.00	12.00-13.15 Lunchtime lanes	12.00-13.30 Lunchtime lanes	12.00-13.30 Lunchtime lanes	12.00-13.30 Lunchtime lanes	12.15-13.00 AquaFit	12.00-13.00 Fun 'n' floats	12.00-13.00 Fun 'n' floats
14.00	13.15-14.15 Just swim	13.30-14.30 Schools	13.30-14.30 Schools	13.00-14.45 Just lanes	13.30-14.45 Just swim	13.00-14.00 Inflatafun	13.00-14.00 Bring your own inflatable
15.00	14.30-15.30 Just lanes	14.45-15.30 Disability swim*	14.45-15.30 Deep Water Aqua†	14.30-15.30 Just lanes	14.45-15.30 Disability swim*	14.45-15.30 Deep Water Aqua†	14.00-15.00 Birthday party
16.00	15.30-16.00 1-2-1 Swim lessons	15.30-16.00 1-2-1 Swim lessons	15.30-16.00 1-2-1 Swim lessons	15.30-16.00 1-2-1 Swim lessons	15.30-16.00 1-2-1 Swim lessons	15.00-16.00 Birthday party	14.00-15.00 Just swim
17.00	16.00-18.00 Swim lessons	16.00-18.00 Swim lessons	16.00-18.00 Swim lessons	16.00-18.00 Swim lessons	16.00-18.00 Swim lessons		15.00-16.00 Just lanes
18.00	18.00-19.30 Just lanes	18.00-19.00 Just swim	18.00-19.00 Just swim	18.00-18.45 Swimfit	18.00-19.45 Bridgwater Swim Club		15.00-17.00 Swim Lessons
19.00		18.00-21.00 Bridgwater Swim Club	19.00-19.45 AquaFit	18.00-21.15 Bridgwater Swim Club	19.45-21.00 Adult lanes		
20.00		19.00-20.30 Adult swim lessons	19.30-21.00 Adult lanes				
21.00							

SMALL POOL - TERM TIME

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00							
08.00							
09.00	09.00-12.00 Swim lessons	09.00-11.00 Just swim	09.00-10.00 Private hire	09.00-11.00 Swim lessons		08.00-11.00 Swim lessons	08.00-11.00 Swim lessons
10.00			10.00-11.00 Parent & toddler	09.00-11.00 Swim lessons			
11.00				09.00-13.00 Swim lessons	09.30-13.00 Swim lessons	11.00-12.00 Just swim	11.00-12.00 Just swim
12.00	11.00-13.00 Just swim	11.00-13.30 Swim lessons	11.00-13.30 Swim lessons		11.00-12.30 Just swim	12.00-13.00 Fun 'n' floats	12.00-13.00 Fun 'n' floats
13.00	13.00-15.00 Just swim		13.30-14.30 Just swim	13.00-14.00 Just swim	12.30-13.30 Just swim		13.00-14.00 Just swim
14.00		14.00-14.45 Just swim		14.00-14.30 Schools	13.30-14.45 Just swim		14.00-15.00 Just swim
15.00			14.30-15.30 Fun 'n' floats	14.30-15.30 Just swim			15.00-16.30 Swim lessons
16.00	15.30-18.30 Schools	15.00-19.00 Swim lessons	16.00-19.00 Swim lessons	15.30-18.30 Swim lessons	16.00-18.30 Swim lessons		
17.00			18.00-19.00 Just swim				
18.00							
19.00							
20.00							
21.00							



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UNDER 8'S SWIMMING POLICY



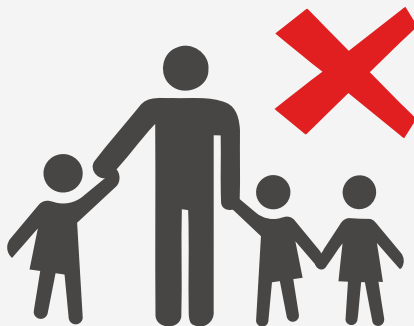
1 adult with 1 child aged
under 4 years



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.