

From 6th January
Pool timetable for term time only

1610

SWIMMING POOL TIMETABLE

Trinity Sports and Leisure
Chilton Street, Bridgwater TA6 3JA

T 01278 429119



Membership could
**save you
up to £45.60**
per month compared
to pay as you go*



MAIN POOL : TERM TIME SWIM TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00	06.00-09.00 Early birds	06.00-09.00 Early birds	06.00-09.00 Early birds	06.00-09.30 Early birds	06.00-09.00 Early birds	07.00-08.00 Early birds	
08.00		08.00-08.45 AquaFit				08.05-10.05 Swim lessons	08.00-09.00 Early birds
09.00	09.00-10.00 Schools	09.00-10.00 Disability swim*	09.00-10.00 Just swim	09.30-10.15 Water Circuits	09.00-10.00 Golden Group swim	09.00-10.00 Water Pilates	08.05-10.05 Swim lessons
10.00	09.00-12.00 Schools	10.00-12.00 Schools	10.00-11.00 Just swim	10.00-10.45 AquaFit	10.00-12.00 Schools	10.05-11.00 Just swim	10.05-11.00 Just swim
11.00			11.00-12.00 Schools	10.15-12.00 Schools		11.00-12.00 Just swim	11.00-12.00 Just swim
12.00	12.00-13.30 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.30 Lunchtime lanes	12.00-13.30 Fun 'n' floats	12.00-13.00 Fun 'n' floats
13.00							13.00-14.00 Boats 'n' floats £3 per person
14.00	13.30-14.30 Schools	13.00-14.30 Schools	13.00-14.30 Schools	13.00-14.30 Schools	13.30-14.30 Schools	13.45-14.45 Inflatafun (8-16yrs)	14.00-15.00 Fun 'n' floats
15.00	14.45-16.00 Just swim	14.45-15.30 AquaFit	14.45-15.30 Just swim	14.45-16.00 Just swim	14.45-16.00 Just swim	14.45-15.30 Aqua MOVE	15.00-16.00 Bring your own inflatable
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	16.00-17.00 Birthday party	16.00-18.00 Just swim
17.00						17.00-18.00 Birthday party	
18.00	18.00-20.30 Bridgwater Swim Club	18.00-19.00 Just swim	18.00-19.00 Swimfit	18.00-19.00 Swimfit	18.00-19.00 Just swim	18.00-20.00 Available for private hire	18.00-19.00 Adult lanes
19.00	19.00-19.45 Aqua HiT	19.00-20.00 Triathlon swim	19.00-20.00 Just lanes	19.00-19.45 AquaFit	19.00-21.00 Bridgwater Swim Club		19.00-20.00 Lifeguard training
20.00		20.00-21.00 Adult swim lessons		20.00-22.00 Adult lanes	20.00-21.00 Adult lanes		
21.00	20.00-22.00 Adult lanes	20.00-22.00 Adult lanes			21.00-22.00 Lifeguard training		

SMALL POOL : TERM TIME TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00							
08.00							08.05-10.05 Swim lessons
09.00	09.00-09.30 Just swim	09.00-10.00 Just swim	09.00-10.00 Parent & toddler	09.00-10.00 Swim lessons	09.00-10.00 Swim lessons	08.05-11.05 Swim lessons	09.05-10.00 Disability swim*
10.00	09.30-11.30 Schools	10.00-12.00 Schools	10.00-11.00 Parent & toddler	10.00-11.00 Schools	10.00-12.00 Schools		10.05-11.00 Just swim
11.00		11.00-12.00 Swim lessons	11.00-12.00 Just swim				11.00-12.00 Just swim
12.00	11.30-13.30 Swim lessons	12.00-13.30 Swim lessons	12.00-13.30 Swim lessons	11.00-13.30 Swim lessons	12.00-13.30 Swim lessons		12.00-13.00 Fun 'n' floats
13.00							13.00-14.00 Boats 'n' floats £3 per person
14.00	13.30-14.30 Schools	13.30-14.30 Schools	13.30-14.30 Schools	13.30-14.45 Schools	13.30-14.30 Schools		14.00-15.00 Fun 'n' floats
15.00	14.30-16.00 Swim lessons	14.30-16.00 Parent & toddler	14.30-16.00 Swim lessons	14.45-16.00 Just swim	14.45-16.00 Just swim		15.00-16.00 Bring your own inflatable
16.00	16.00-18.30 Swim lessons	16.00-19.00 Swim lessons	16.00-19.00 Swim lessons	16.00-19.00 Swim lessons	16.00-19.00 Swim lessons		16.00-17.00 Birthday party
17.00							16.00-18.00 Just swim
18.00							17.00-18.00 Birthday party
19.00	18.30-19.00 Just swim						
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. • 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. • We reserve the right to change activities at short notice.

UNDER 8'S SWIMMING POLICY



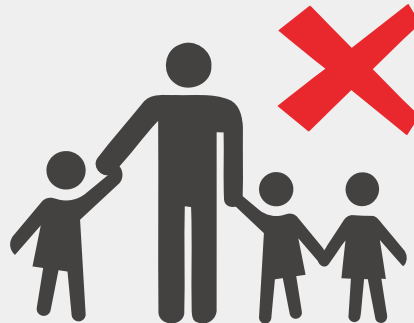
1 adult with 1 child aged under 4 years



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.

WHAT'S YOUR SWIM 1610?

A guide to our wide range of swim sessions - take the plunge and try something new today!

Just Swim (Public)

Our Just Swim sessions are public sessions where the whole pool or area of the pool dedicated to Just Swim will be left open, with no lanes in place to allow swimmers of all ages and abilities to enjoy the water. Ideal for people that want to come in and just play around in the water for fun.

Fun 'n' floats

This fun filled session is open to everyone with the pool left completely open. You can ride the rafts and large floating mats, splash about and simply enjoy yourself in the pool.

Swimfit

A coach based session for all abilities with mixed strokes, a natural progressive step for those who have come up from Adult Learning right through to Triathlete focused sessions. This is also a family oriented session where juniors are also welcome. Training for a tri? This will be the answer for you.

Golden Group Swim

Golden group swim is typically aimed at people aged 50 years but it would be rude to check your age so if this is a session you would feel comfortable to attend then just come along. The pool is left open so you can swim side by and socialise as you swim your lengths if you want to.

Boats 'n' Floats

Set sail in our fantastic paddle boats in this great family fun session! There's also a great selection of floats and toys to play with, and the best thing is - adults go FREE!

Early Bird/Lunchtime Lanes (Public)

Early bird and lunchtime lanes sessions are public sessions for people that want to swim lengths of the pool. No matter your ability, if you want to swim for fitness or simply for pleasure this session is perfect for you. This session will include half the pool separated into individual lanes, with lane direction and speed signs, the other half is left open for people that want to swim lengths freely or want to swim side by side chatting and socialising while they swim.

Parent & Toddler

This session is perfect for introducing babies and toddlers to a swimming pool environment. Open to children that are under 5 years of age that have yet to start school. We encourage parents to take babies and toddlers to one of these sessions before enrolling them into baby dipper or little dipper lessons.

Bring Your Own Inflatable

Bring your own inflatable, small or large we welcome them all. Don't just keep it in the cupboard till your holiday, remember the good times with this session. Use the whole pool to drift around on your lilo or bob up and down in your rubber ring. We will even add a little music as well.

Just Lanes (Public)

During the session the whole pool or area of the pool is dedicated to Just Lanes. It will be separated into individual lanes with lane direction and speed signs. There are no age restrictions as any member of the public that wants to swim lengths can come along and enjoy the benefits of swimming.

Aqua Classes

We run a variety of aqua based exercise classes all ranging in intensity level so if aqua is your thing then check out our activity timetable.

Adult Lanes

During adult lanes the whole pool or area of the pool dedicated to adult lanes will be separated into individual lanes with lane direction and speed signs. Ages 16 years and over.

