

From 1st August 2020

1610

SWIMMING POOL TIMETABLE

Trinity Sports and Leisure
Chilton Street, Bridgwater TA6 3JA

T 01278 429119  



MAIN POOL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00	07.00-08.00 Early birds		7.00-08.00 Early birds		07.00-08.00 Early birds		
08.00	08.00-08.45 AquaFit		8.00-09.00 Early birds		08.00-09.00 Early birds	08.05-10.05 Swim lessons	08.05-10.05 Swim lessons
09.00	09.00-09.45 Aqua Move		9.00-10.00 Early birds		09.00-09.45 Water Pilates		
10.00	10.00-11.00 Just lanes	10.00-11.00 Just lanes	10.00-10.45 Water Circuits	10.00-10.45 Water Circuits	10.00-11.00 Just lanes	10.10-11.00 Just lanes	10.10-11.00 Just lanes
11.00	11.00-12.00 Just lanes	11.00-12.00 Just lanes	11.00-12.00 Just lanes	11.00-12.00 Just lanes	11.00-12.00 Just lanes	11.00-12.00 Just lanes	11.00-11.45 Deep Water Aqua
12.00	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-12.45 AquaFit	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes
13.00					13.00-14.00 Just lanes	13.00-14.00 Just lanes	
14.00							
15.00							
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		
17.00							
18.00	18.00-21.00 Bridgwater Swim Club	18.00-19.00 Triathlon swim	18.00-19.00 1-2-1 swim lesson	18.00-19.00 Just lanes	18.00-19.00 Swimfit		18.00-21.00 Bridgwater Swim Club
19.00		19.00-19.45 AquaFit	19.00-20.00 Just lanes	19.00-21.00 Bridgwater Swim Club			
20.00		20.00-21.00 Adult swim lessons	20.00-21.00 Adult lanes				
21.00							

SMALL POOL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00							
08.00						08.05-11.05 Swim lessons	08.05-10.05 Swim lessons
09.00	09.00-13.00 Swim lessons	09.00-13.00 Swim lessons	09.00-13.00 Swim lessons	09.00-13.30 Swim lessons	09.00-13.00 Swim lessons	08.05-11.05 Swim lessons	08.05-10.05 Swim lessons
10.00							
11.00							
12.00							
13.00							
14.00							
15.00	15.00-19.00 Swim lessons	15.00-18.30 Swim lessons					
16.00			16.00-19.00 Swim lessons	16.00-18.30 Swim lessons	16.00-19.00 Swim lessons		
17.00							
18.00							
19.00							
20.00							
21.00							



- Please follow the one way systems that are in place in the changing village and pool hall. • Cubicles and lockers are available. • Showers and water fountains are out of use. • The pool hoist is available for use.
- All sessions must be pre-booked. • We are not currently accepting walk-ins. • 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.