

From 16th June - 27th July  
& 28th July - 3rd August 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																													
	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	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 Early birds						08.00-09.00 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																							
10.00	09.30-12.00 Schools						09.30-10.00 1-2-1 lessons						10.00-10.45 Water Circuits						09.45-12.00 Schools						10.30-11.30 Schools						11.00-12.00 Just swim						11.00-12.00 Adult swim lessons						11.10-11.55 Disability swim*						11.10-11.55 Deep Water Aqua†																	
11.00	10.30-11.00 1-2-1 lessons						10.00-11.30 Schools						10.45-12.00 Schools																																										10.00-11.00 Just lanes						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						12.00-13.00 Lunchtime lanes						12.15-13.00 AquaFit						11.30-13.30 Lunchtime lanes						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats																							
13.00	13.15-14.15 Schools						13.00-13.30 1-2-1 lessons						13.30-14.00 Schools						13.00-14.00 Schools						13.30-14.45 Just lanes						13.00-14.00 Inflatafun						13.00-14.00 Bring your own inflatable																													
14.00	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†						14.45-15.30 Aqua MOVE						14.45-15.30 Just lanes						15.00-16.00 Birthday party						15.00-16.00 Just lanes											
15.00	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						15.30-16.00 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											
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						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						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						18.00-19.30 1-2-1 swim lesson						18.00-18.45 Swimfit						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club											
19.00	20.00-20.45 AquaFit						18.00-21.00 Bridgwater Swim Club						19.00-19.45 AquaFit						19.30-21.00 Adult lanes						18.00-21.15 Bridgwater Swim Club						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes											
20.00	20.45-22.00 Adult lanes						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club					
21.00	20.45-22.00 Adult lanes						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club						20.30-22.00 Masters Swim Club					

## 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	09.00-10.30 Just swim	09.00-11.00 Just swim		09.00-10.00 Parent & toddler	09.00-11.00 Swim lessons	09.00-13.00 Swim lessons		09.30-13.00 Swim lessons	09.30-11.00 Just swim	08.00-11.00 Swim lessons		08.00-11.30 Swim lessons			
10.00		10.00-11.00 Parent & toddler														
11.00		10.30-12.00 Just swim	11.00-13.30 Swim lessons		11.00-13.30 Swim lessons										11.00-12.00 Just swim	
12.00	12.00-13.15 Just swim						12.00-13.00 Fun 'n' floats		12.00-13.00 Fun 'n' floats							
13.00					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	14.15-15.30 Just swim		14.00-14.45 Just swim		14.00-14.30 Schools		13.30-14.45 Just swim		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									
16.00	15.30-18.30 Schools		15.00-19.00 Swim lessons		15.30-16.00 1-2-1 Swim lessons		15.30-18.30 Swim lessons		16.00-18.30 Swim lessons							
17.00																
18.00													18.00-19.00 Just swim			
19.00																
20.00																
21.00																

MAIN POOL - HOLIDAY TIMETABLE

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	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 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	10.00-11.00 Fun 'n' floats	10.00-11.00 Fun 'n' floats	10.00-10.45 Water Circuits	10.00-11.00 Just swim	10.00-11.00 Just lanes		10.00-11.00 Swim lessons
11.00	11.00-12.00 Boats & floats	11.00-12.00 Just swim	10.45-12.00 Boats & floats	11.00-12.00 Boats & floats	11.00-12.00 Just swim	11.00-12.00 Just swim	11.00-11.55 Disability swim*
12.00	12.00-13.30 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	12.00-13.30 Fun 'n' floats	12.00-13.30 Fun 'n' floats
13.00	13.00-13.30 1-2-1 lessons	13.00-13.30 1-2-1 lessons			12.00-13.30 Lunchtime lanes	13.00-14.00 Inflatafun	13.00-14.00 Bring your own inflatable
14.00	13.30-14.30 Just swim	13.30-14.45 Boats & floats	13.30-14.30 Just swim	13.30-14.30 Fun 'n' floats	13.30-14.15 Just lanes	14.00-15.00 Birthday party	14.00-15.00 Just swim
15.00	14.30-15.30 Just lanes	14.45-15.30 Disability swim*	14.30-15.30 Just lanes	14.45-15.30 Deep Water Aqua†	14.30-15.30 Private hire	15.00-16.00 Birthday party	15.00-16.00 Just lanes
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		16.00-17.00 Just lanes
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		
18.00	18.00-20.30 Bridgwater Swim Club	18.00-19.00 Just swim	18.00-19.00 Just swim	18.00-18.45 Swimfit	18.00-19.45 Bridgwater Swim Club		
19.00	20.00-20.45 AquaFit	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	20.45-22.00 Adult lanes	20.30-22.00 Masters Swim Club					
21.00							

SMALL POOL - HOLIDAY TIMETABLE

Time	Bank Hol Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00							
08.00							
09.00	09.00-11.00 Swim lessons	09.00-10.00 Just swim	09.00-10.00 Parent & toddler	09.00-11.00 Swim lessons		08.00-11.00 Swim lessons	08.00-11.00 Swim lessons
10.00		10.00-11.00 Fun 'n' floats	10.00-11.00 Parent & toddler				
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		11.00-13.00 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 Fun 'n' floats	13.15-14.15 Fun 'n' floats	13.00-14.00 Fun 'n' floats		13.00-14.00 Just swim
14.00		14.00-15.00 Just swim	14.30-15.30 Just swim	14.15-15.15 Just swim	14.00-15.00 Fun 'n' floats		14.00-15.00 Just swim
15.00			15.30-16.00 1-2-1 Swim lessons		15.00-16.00 Just swim		
16.00	15.30-18.30 Swim lessons	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			18.00-19.00 Just swim				
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.

# UNDER 8'S SWIMMING POLICY



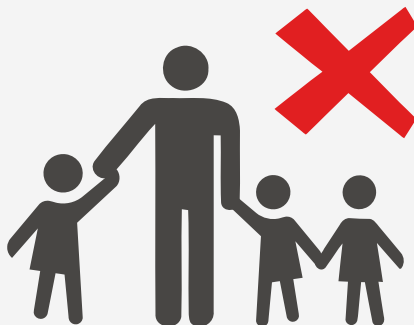
1 adult with 1 child aged  
under 4 years



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.