

From 2nd June 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																															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						08.00-11.00 Swim lessons						08.00-10.00 Swim lessons						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																		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						08.00-11.00 Swim lessons						10.00-11.00 Swim lessons						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																																				11.00-12.00 Just swim						11.00-11.55 Disability swim*						11.10-11.55 Deep Water Aqua?					
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							13.30-14.30 Schools																								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*						14.45-15.30 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						15.00-17.00 Swim Lessons					
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						18.00-19.30 1-2-1 swim lesson						18.00-18.45 Swimfit						18.00-19.45 Bridgwater Swim Club						6.50-7.45 ASL																													
19.00	20.00-20.45 AquaFit						18.00-21.00 Bridgwater Swim Club						19.00-20.30 Adult swim lessons						19.30-21.00 Adult lanes						18.00-21.15 Bridgwater Swim Club						19.45-21.00 Adult lanes																																			
20.00	20.30-22.00 Masters Swim Club																																																																	
21.00	20.45-22.00 Adult lanes																																																																	

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		08.00-11.00 Swim lessons	
10.00		10.30-12.00 Just swim		10.00-11.00 Parent & toddler											
11.00			11.00-13.30 Swim lessons	11.00-13.30 Swim lessons						11.00-12.30 Just swim	11.00-12.00 Just swim		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						13.00-14.00 Just swim				12.30-13.30 Just swim			13.00-14.00 Just swim		
14.00				13.30-14.30 Just swim		14.00-14.30 Schools		13.30-14.45 Just swim							
15.00	14.15-15.30 Just swim		14.00-14.45 Just swim	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	15.30-16.00 1-2-1 Swim lessons		15.30-18.30 Swim lessons		16.00-18.30 Swim lessons							
17.00				16.00-19.00 Swim lessons						16.00-19.00 Swim lessons		16.00-19.00 Swim lessons			
18.00				18.00-19.00 Just swim											
19.00															
20.00															
21.00															

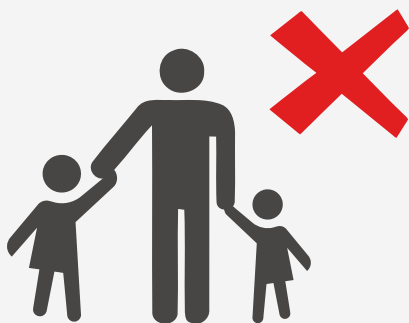
UNDER 8'S SWIMMING POLICY



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.