

From 1st September 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																																			
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						08.45-09.30 Express lanes						09.00-10.00 Golden Group swim						09.00-09.45 Water Circuits						09.00-10.30 Aqua Gym																		09.00-10.30 Golden Group swim																	
10.00	09.30-12.00 Schools						09.30-10.00 1-2-1 lessons						10.00-10.45 Water Circuits						10.00-12.00 Schools						10.30-12.00 Schools						11.00-12.00 Just swim						11.00-12.00 Adult swim lessons						11.00-11.00 Just lanes						10.00-11.00 Swim lessons											
11.00	10.30-11.00 1-2-1 lessons						10.00-11.30 Schools						10.45-11.30 Homeschool swim																																										11.30-12.00 Schools					
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 Lunchtime lanes						12.00-13.30 Fun 'n' floats						12.00-13.30 Fun 'n' floats																	
13.00																									13.00-13.30 1-2-1 lessons						13.00-14.00 Inflatafun						13.00-14.00 Inflatafun						13.00-14.00 Inflatafun						13.00-14.00 Inflatafun											
14.00	13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.45 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*						14.45-15.30 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 Express lanes						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						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																	
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						16.00-17.00 Just lanes																	
18.00	17.15-20.30 Bridgwater Swim Club						18.00-19.00 Just lanes						18.00-19.00 Just lanes						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							18.00-21.00 Bridgwater Swim Club						19.00-20.30 Adult swim lessons						19.00-19.45 AquaFit						18.00-21.15 Bridgwater Swim Club						19.45-21.00 Adult lanes																													
20.00	20.00-20.45 AquaFit						20.30-22.00 Masters Swim Club						19.30-21.00 Adult lanes						18.00-21.15 Bridgwater Swim Club						19.45-21.00 Adult lanes																																			
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							
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.

UNDER 8'S SWIMMING POLICY



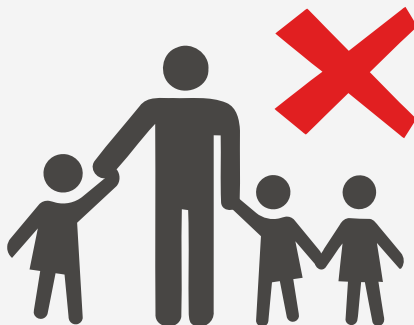
1 adult with 1 child aged
under 4 years



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.