

HYNDBURN LEISURE CENTRE



Pool Programme - From Monday 1st November



Monday

06:45-09:15	Lane Swim
09:30-11:30	School Swimming
11:30-12:00	Aqua Jog
12:00-13:00	Lunchtime Swim
13:15-14:45	School Swimming
15:00-19:00	General Swim
19:00-21:30	Accrington Swimming Club

Tuesday

06:45-09:15	Lane Swim
09:30-10:30	School Swimming
10:30-11:30	General Swim
11:30-12:00	Aqua Jog
12:00-13:00	Lunchtime Swim
13:15-14:45	School Swimming
15:00-16:00	General Swim
19:00-20:00	Ladies Only Swim
19:00-20:00	Aqua Jog (2 x 30mins)
20:00-21:30	Lane Swim

Wednesday

06:45-09:15	Lane Swim
09:30-11:30	General Swim
11:30-13:00	Lunchtime Swim
13:15-14:45	School Swimming
15:00-19:30	General Swim
19:30-20:30	Accrington Swimming Club
20:30-21:30	Lane Swim

Thursday

06:45-09:15	Lane Swim
09:30-11:30	School Swimming
11:30-12:00	Aqua Jog
12:00-13:00	Lunchtime Swim
13:15-14:30	School Swimming
15:00-16:00	General Swim
19:00-21:30	Lane Swim

Friday

06:45-09:15	Lane Swim
09:30-11:30	School Swimming
11:30-13:00	Lunchtime Swim
13:00-14:45	School Swimming
15:00-16:00	General Swim
19:00-21:00	Otters Swimming Club

Saturday

08:00-10:30	General Swim
13:30-15:30	Otters Swimming Club
16:00-17:00	Accrington Swimming Club

Sunday

08:00-10:00	General Swim
10:00-11:30	Family Swim
11:30-13:00	Family Swim
13:00-14:30	General Swim
14:30-16:00	General Swim

All general swims will have a lane provided for those wishing to still swim lengths

Swimming Lessons will be taking place at the following times:

Monday: 4pm - 7pm

Tuesday: 10:35am - 11:40am / 4pm - 6:45pm

Wednesday: 10:45am - 12:30pm / 4pm - 7pm

Thursday: 4pm - 6:45pm

Friday: 4pm - 6:45pm

Saturday: 10:30am - 1:30pm

Sunday: 10am - 1:30pm



Swimming Pool Ratios:

Children aged 0-3 must be accompanied by a responsible adult on a 1 adult 1 child basis.

Children aged 4-7 must be accompanied by a responsible adult on a maximum 1 adult 2 children basis.

Competent children aged 8 years and over may swim without adult supervision.

www.hyndburnleisure.co.uk

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