

Swimming Times 9th August – 5th September

	Week Three 9 – 15 August	Week Four 16 – 22 August	Week Five 23 – 29 August	Week Six 30 August – 5 September
Monday	6.30 am– 8.30am Early Risers (Lx1) 8.30am – 10.00am Diving, Synchronised swimming and Snorkelling 10.00am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.00pm Public Swim 4.10pm – 5.20pm POOL DISCO 5.30pm – 8.00pm Public Swim 8.00pm – 10.00pm Adult Only (Lx3) 9	6.30am – 8.30am Early Risers (Lx1) 8.30am – 10.00am Diving, Synchronised Swimming and Snorkelling 10.00am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.00pm Public Swim 4.10pm – 5.20pm POOL DISCO 5.30pm – 8.00pm Public Swim 8.00pm – 10.00pm Adult Only (Lx3) 16	6.30am – 9.30am Early Risers (Lx1) 8.30am – 9.30am Intensive lessons (Learner Pool) 9.30am – 10.00am Intensive lessons (Main Pool) 10.00am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.00pm Public Swim 4.10pm – 5.20pm POOL DISCO 5.30pm – 8.00pm Public Swim 8.00pm – 10.00pm Adult Only (Lx3) 23	BANK HOLIDAY Centre open 6.30am until 2.00pm 6.30am – 9.00am Early Risers (Lx1) 9.00am – 11.00am Public Swim 11.00am – 12.45pm Family Fun Swim 12.45pm – 2.00pm Public Swim (Lx2) 30
Tuesday	6.30am – 9.30am Early Risers (Lx2) 9.30am – 12.45pm Public Swim 12.45am – 2.00pm Adult Only (Lx1) 12.45am – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 3.30pm Club Active Senior Swim 3.30pm – 6.00pm Public Swim 6.00pm – 8.30pm Public Swim (Lx2) 10	6.30am – 9.30am Early Risers (Lx2) 9.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 3.30pm Club Active Senior Swim 3.30pm – 6.00pm Public Swim 17	6.30am – 9.30am Early Risers (Lx2) 8.30am – 9.30am Intensive lessons (Learner Pool) 9.30am – 10.00am Intensive lessons (Main Pool) 10.00am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 3.30pm Club Active Senior Swim 3.30pm – 6.00pm Public Swim 24	6.30am – 9.30am Early Risers (Lx2) 8.30am – 9.30am Intensive lessons (Learner Pool) 9.30am – 10.00am Intensive lessons (Main Pool) 10.00am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 3.30pm Club Active Senior Swim 3.30pm – 6.00pm Public Swim 31
Wednesday	6.30am – 9.30am Early Risers (Lx1) 9.30am – 10.25am Aqua Aerobics and Senior swim 10.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.00pm Public Swim 4.10pm – 5.20pm INFLATABLE FUN SWIM 5.30pm – 8.00pm Public Swim 8.00pm – 9.30pm Adult Lane Swimming (Lx5) 11	6.30am – 9.30am Early Risers (Lx1) 9.30am – 10.25am Aqua Aerobics and Senior swim 10.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.00pm Public Swim 4.10pm – 5.20pm INFLATABLE FUN SWIM 5.30pm – 8.00pm Public Swim 8.00pm – 9.30pm Adult Lane Swimming (Lx5) 18	6.30am – 9.30am Early Risers (Lx1) 8.30am – 9.30am Intensive lessons (Learner Pool) 9.30am – 10.00am Intensive lessons (Main Pool) 9.30am – 10.30am Club Active Senior Swim 10.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.00pm Public Swim 4.10pm – 5.20pm INFLATABLE FUN SWIM 5.30pm – 8.00pm Public Swim 8.00pm – 9.30pm Adult Lane Swimming (Lx5) 25	6.30am – 9.30am Early Risers (Lx1) 9.30am – 10.25am Aqua Aerobics and Senior swim 10.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.00pm Public Swim 4.10pm – 5.20pm INFLATABLE FUN SWIM 5.30pm – 8.00pm Public Swim 8.00pm – 9.30pm Adult Lane Swimming (Lx5) 1
Thursday	6.30am – 8.30am Early Risers (Lx2) 8.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.10pm Public Swim 4.15pm – 5.30pm WATER WHEEL Fun swim 5.35pm – 6.30pm Public Swim 6.30pm – 7.25pm Aqua Aerobics 7.30pm – 8.30pm Public Swim 8.30pm – 10.00pm Adult Only (Lx3) 12	6.30am – 8.30am Early Risers (Lx2) 8.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.10pm Public Swim 4.15pm – 5.30pm WATER WHEEL Fun swim 5.35pm – 6.30pm Public Swim 6.30pm – 7.25pm Aqua Aerobics 7.30pm – 8.30pm Public Swim 8.30pm – 10.00pm Adult Only (Lx3) 19	6.30am – 8.30am Early Risers (Lx2) 8.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.10pm Public Swim 4.15pm – 5.30pm WATER WHEEL Fun swim 5.35pm – 6.30pm Public Swim 6.30pm – 7.25pm Aqua Aerobics 7.30pm – 8.30pm Public Swim 8.30pm – 10.00pm Adult Only (Lx3) 26	6.30am – 8.30am Early Risers (Lx2) 8.30am – 12.45pm Public Swim 12.45pm – 2.00pm Adult Only (Lx1) 12.45pm – 2.00pm Parent + Under 5s (learner pool) 2.00pm – 4.10pm Public Swim 4.15pm – 5.30pm WATER WHEEL Fun swim 5.35pm – 6.30pm Public Swim 6.30pm – 7.25pm Aqua Aerobics 7.30pm – 8.30pm Public Swim 8.30pm – 10.00pm Adult Only (Lx3) 2

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Saturday	7.00am – 10.00am Triathlon Training (3x1 hour sessions) 10.05am – 12.05pm Public Swim 12.15pm – 1.30pm Ringwood Disabled Swim Club 1.30pm – 3.45pm Public Swim 4.00pm – 5.00pm INFLATABLE FUN SWIM 5.15pm – 6.45pm Parties and Private Hire 14	7.00am – 10.00am Triathlon Training (3x1 hour sessions) 10.05am – 12.05pm Public Swim 12.15pm – 1.30pm Ringwood Disabled Swim Club 1.30pm – 3.45pm Public Swim 4.00pm – 5.00pm INFLATABLE FUN SWIM 5.15pm – 6.45pm Parties and Private Hire 21	7.00am – 10.00am Triathlon Training (3x1 hour sessions) 10.05am – 12.05pm Public Swim 12.15pm – 1.30pm Ringwood Disabled Swim Club 1.30pm – 3.45pm Public Swim 4.00pm – 5.00pm INFLATABLE FUN SWIM 5.15pm – 6.45pm Parties and Private Hire 28	7.00am – 10.00am Triathlon Training (3x1 hour sessions) 10.05am – 12.05pm Public Swim 12.15pm – 1.30pm Ringwood Disabled Swim Club 1.30pm – 3.45pm Public Swim 4.00pm – 5.00pm INFLATABLE FUN SWIM 5.15pm – 6.45pm Parties and Private Hire 4
Sunday	8.30am – 10.00am Public Swim (Lx2) 10.00am – 3.00pm Public Swim 3.00pm – 4.00pm Sunday Snorkel 4.00pm – 5.45pm Public Swim (Lx2) 15	8.30am – 10.00am Public Swim (Lx2) 10.00am – 4.00pm Public Swim 4.00pm – 5.45pm Public Swim (Lx2) 22	8.30am – 10.00am Public Swim (Lx2) 10.00am – 4.00pm Public Swim 4.00pm – 5.45pm Public Swim (Lx2) 29	10.00am – 3.00pm Public Swim 3.00pm – 4.00pm Sunday Snorkel 4.00pm – 5.45pm Public Swim (Lx2) 5

Notes:

(Lx) – Indicates number of lanes available for continuous swimmers

Pool Hygiene measures - Swimming nappies must be worn by babies and children who are not toilet trained, everyone must shower with soap before swimming and long hair must be tied back.

Age restrictions – children under 8 years must be supervised (in the water) by a person over 16 years at a ratio of 2:1.

See wet activities for information on other sessions in the pool – we advise advanced booking on all activities.

Learner Pool Sessions – The learner pool is open for parent and under 8's during all public swims including adult only unless stated otherwise in the programme.

Private swim lessons may be taking part in the main pool and/or learner pool weekdays between 9.00am and 12.00pm.

Prices	Casual
Senior	£2.50
Adult	£3.50
Junior	£2.00
Family 2 adults & 3 children	£9.00