

Waterside Pool, Ryde

tel: (01983) 563656

Pool Programme

Waterside
Pool Programme
3 September 2008
to 31 March 2009

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Session Times

Day	Session Times									
	6.30 to 8am	8 to 9.30am	9.30 to 10.30am	10.30am to 12.15pm	12.15 to 1.15pm	1.15 to 2.45pm	2.45 to 5pm	5 to 7pm	7 to 8pm	8 to 9.30pm
Monday	Casual	Aquafit	Parent & child 10.45 to 11.15 Casual 10.30 to 12.15	Casual	Lane swim 12.15 to 1.15 pm	Schools Swimming Pool and changing rooms closed to the public*	Lessons	Lessons	Adult swim club 7 to 8.30pm	Lane swim
Tuesday	Casual	50+ Aquafit	Casual	Casual			Lessons	Lessons	Aquafit	Adults only
Wednesday	Lane swim 6.30 to 8 am	Casual	Casual	Casual	Pool and changing rooms closed to the public*	Lessons	Lessons	Lessons	Aquafit	Lifesaving course
Thursday	Casual									
Friday	Closed	Casual	50+ Aquafit 9.30 to 10.15	Aquafit 10.15 to 11	Casual 11am to 12.15pm	Lessons	Lessons	Lessons	Casual 7 to 9.30pm	
Saturday										
Sunday	Lane swim 8 to 9am	Casual 9am to 1.30pm	Family fun 1.30 to 3pm	Casual 3 to 4pm	Lane Swim 4 to 5pm	Available for hire Conditions apply				

*Sessions subject to change between 1.15 pm and 2.45 pm - please check with reception for up-to-date information.
** Aquafit sessions must be pre-booked *** 24 hours notice must be given when cancelling any class or course