

## The Valley Leisure Centre Swimming Timetable (week beginning 10/06/19)

+		Open swims and lengths	What's on guide
MONDAY	<p>Learner Pool-Open Swim</p> <p>Lengths⇒ No lane available 6.00pm-7.30pm</p> <p>Main Pool-Open Swim</p>	<p>12.00pm-1.30pm 2.30pm-3.00pm 6.00pm-9.30pm</p> <p>6.30am – 9.30am</p> <p>11.30am-1.30pm 2.30pm-3.30pm 7.00pm-7.30pm(3 lanes) 7.30pm-9.30pm</p>	<p><b>Aquatots</b> 10.00-12.00(Full pool)</p> <p><b>Schools</b> 9.30-2.30</p> <p><b>Flippers Swim School</b> 3.00pm-6.00pm</p> <p><b>NASC</b> 6.00pm-7.00pm Full Main pool 7.00pm-7.30pm (3 lanes)</p>
TUESDAY	<p>Learner Pool-Open Swim</p> <p>Lengths⇒ No lane available 11.00-11.30+ 1.30-2.00pm +6.00-7.30pm</p> <p>Main Pool-Open Swim</p>	<p>12.30pm-1.30pm 2.00-3.00pm 6.00-6.30pm 7.30-9.30pm</p> <p>6.30am-9.30am</p> <p>12.30pm-1.30pm 2.00pm-3.30pm 6.00pm-7.30pm(shallow end) 7.30pm-9.00pm(3 lanes) 9.00pm-9.30pm</p>	<p><b>Schools swimming</b> 9.30am-2.30pm</p> <p><b>Flippers Swim School</b> 3.00pm-6.00pm</p> <p><b>Aqua Energy</b> 6.00pm-7.30pm(Deep end)</p> <p><b>Little Stars</b> 6.30pm-7.30pm Full Learner pool 7.30pm-8.00pm(2 lanes)</p> <p><b>Triathlon Club</b> 8.00pm-9.00pm(2 lanes)</p>
WEDNESDAY	<p>Learner Pool-Open Swim</p> <p>Lengths⇒ No lane available 11.00-11.30am+4.30-5.00pm</p> <p>Main Pool-Open Swim</p>	<p>2.30pm-3.30pm 6.30pm-9.30pm</p> <p>6.30am – 9.30am</p> <p>12.00pm-1.30pm 2.00pm-3.00pm 3.00pm-4.00pm(3 lanes) 6.00pm-9.30pm</p>	<p><b>Schools swimming</b> 9.30am-2.00pm</p> <p><b>Surestart</b> 12.30pm-1.30pm Full Learner pool</p> <p><b>Flippers Swim School</b> 3.30pm-6.30pm</p>
THURSDAY	<p>Learner Pool-Open Swim</p> <p>Lengths⇒ No lane available 4.30pm-5.00pm +6.00pm-7.30pm</p> <p>Main Pool-Open Swim</p>	<p>12.00pm-1.30pm 2.30pm-3.30pm 7.00pm-9.30pm</p> <p>6.30am-9.30am</p> <p>12.00pm-1.30pm 2.30pm-3.30pm 7.00pm-8.30pm(3 lanes) 8.30pm-9.30pm</p>	<p><b>Schools swimming</b> 9.30am-2.30pm</p> <p><b>Lisa's Aquafit</b> 12.00pm-1.00pm (middle section of Main pool)</p> <p><b>Flippers Swim School</b> 3.30pm-7.00pm</p> <p><b>NASC</b> 6.00pm-7.00pm Full Main pool 7.00pm-7.30pm(3 lanes)</p> <p><b>Triathlon Club</b> 7.30pm-8.30pm(2 lanes)</p>
FRIDAY	<p>Learner Pool-Open Swim</p> <p>Lengths⇒</p> <p>Main Pool-Open Swim</p>	<p>12.00pm-1.30pm 2.30pm-9.30pm</p> <p>6.30am – 9.30am</p> <p>12.00pm-1.30pm 2.30pm-9.30pm</p>	<p><b>Blind Group</b> 9.30am-10.00am</p> <p><b>Schools swimming</b> 9.30am-2.30pm</p> <p><b>Aquaslide</b> 6.00pm-8.00pm</p>
SATURDAY	<p>Learner Pool-Open Swim</p> <p>Lengths⇒</p> <p>Main Pool-Open swim</p>	<p>12.00pm-5.30pm</p> <p>9.00am-5.30pm (1 lane)</p> <p>12.00pm-5.30pm</p>	<p><b>Flippers Swim School</b> 9.00-12.00pm</p> <p><b>Aquaslide</b> 1.00pm-4.00pm</p>
SUNDAY	<p>Learner pool-Open Swim</p> <p>Lengths⇒</p> <p>Main Pool-Open Swim</p>	<p>10.00am-5.30pm</p> <p>9.00am-10.00am(full pool) 10.00am-5.30pm(1 lane)</p> <p>10.00am-5.30pm</p>	<p><b>Aquaslide</b> 1.00pm-4.00pm</p>

Customers please note:-We will endeavour to have 1 lane made available for length swimming throughout the day however due to some of our pool activities this may not be possible.