

Pool Timetable 26th July - 22nd Aug

25m Main Pool

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| MON | 06:30-07:25 Lane Swimming | 07:30-08:25 Lane Swimming | 08:30-09:25 Lane Swimming | 09:30-10:15 Family Swim | 10:20-11:05 Family Swim | 11:10-11:55 Family Swim | 12:00-12:55 Lane Swimming | 13:00-13:55 Lane Swimming | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-17:30 Swim School | 17:30-18:55 Lane Swimming | 19:00-20:00 Adult Swim School | 20:00-21:00 Lane Swimming |
| TUE | 06:30-07:25 Lane Swimming | 07:30-08:25 Lane Swimming | 08:30-09:25 Lane Swimming | | 10:00-11:00 Adult Swim School | 11:00-11:45 Aquafit | 12:00-12:55 Lane Swimming | 13:00-13:55 Lane Swimming | 14:00-15:00 Senior Swimming | 15:00-16:00 Crash Courses | 16:00-17:30 Swim School | 17:30-18:55 Lane Swimming | 19:00-21:00 Bluefins | |
| WED | 06:30-07:25 Lane Swimming | 07:30-08:25 Lane Swimming | 08:30-09:25 Lane Swimming | 09:30-10:30 Relaxed Lane Swim* | 10:35-11:20 Family Swim | | 12:00-12:55 Lane Swimming | 13:00-13:55 Lane Swimming | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-17:30 Swim School | 17:30-18:55 Lane Swimming | 19:00-19:45 Squad | 20:00-21:00 Lane Swimming |
| THU | 06:30-07:25 Lane Swimming | 07:30-08:25 Lane Swimming | 08:30-09:25 Lane Swimming | 09:30-10:15 Family Swim | 10:20-11:05 Family Swim | 11:10-11:55 Family Swim | 12:00-12:55 Lane Swimming | 13:00-13:55 Lane Swimming | 14:00-14:45 Aquafit | 15:00-16:00 Crash Courses | 16:00-17:30 Swim School | 17:30-18:15 Squad | 18:30-20:00 Lane Swimming | Private Lessons |
| FRI | 06:30-07:25 Lane Swimming | 07:30-08:25 Lane Swimming | 08:30-09:25 Lane Swimming | 09:30-10:15 Family Swim | 10:20-11:05 Family Swim | 11:10-11:55 Family Swim | 12:00-12:55 Lane Swimming | 13:00-13:55 Lane Swimming | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-17:30 Swim School | 17:30-18:55 Lane Swimming | 19:00-21:00 Bluefins | |
| SAT | | | 08:15-09:00 Squad | 09:00-13:00 Swim School | | | | 13:00-14:00 Lane Swimming | 14:10-14:55 Family Swim | 15:00-15:45 Family Swim | 15:50-16:35 Family Swim | 16:45-17:45 Available for Hire | | |
| SUN | | 08:00-08:55 Lane Swimming | 09:00-09:55 Lane Swimming | 10:00-10:55 Lane Swimming | 11:00-11:45 Family Swim | 12:10-12:55 Family Swim | 13:00-13:45 Family Swim | 13:50-14:35 Family Swim | 14:40-15:25 Family Swim | 15:30-17:30 Swim School | | | Staff Training | |

Teaching Pool

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| MON | | 09:30-10:15 Family Swim | 10:20-11:05 Family Swim | 11:30-12:30 Swim School | 12:30-13:15 Family Swim | 13:20-14:05 Family Swim | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-18:00 Swim School | 18:00-19:00 Adult Swim School | Private Lessons | |
| TUE | | 09:30-11:00 Little Fishes | | 11:00-12:30 Swim School | 12:30-13:15 Family Swim | 13:20-14:05 Family Swim | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-18:30 Swim School | | Private Lessons | |
| WED | | 09:30-11:00 Little Fishes | | 11:00-12:30 Swim School | 12:30-13:15 Family Swim | 13:20-14:05 Family Swim | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-18:30 Swim School | | Private Lessons | |
| THU | | | 10:00-10:45 Family Swim | 11:00-12:30 Little Fishes & Swim School | 12:30-13:15 Family Swim | 13:20-14:05 Family Swim | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-18:30 Swim School | | Private Lessons | |
| FRI | | 09:30-11:00 Little Fishes | | 11:00-12:30 Swim School | 12:30-13:15 Family Swim | 13:20-14:05 Family Swim | 14:10-14:55 Family Swim | 15:00-16:00 Crash Courses | 16:00-19:00 Swim School | | Private Lessons | |
| SAT | | 08:00-10:00 Little Fishes | | 10:00-13:30 Swim School | | | | 14:10-14:55 Family Swim | 15:00-15:45 Family Swim | 15:50-16:35 Family Swim | 16:45-17:45 Available for Hire | |
| SUN | | 08:00-11:00 Swim School | | 11:00-11:45 Family Swim | 12:10-12:55 Family Swim | 13:00-13:45 Family Swim | 13:50-14:35 Family Swim | 14:40-15:25 Family Swim | 15:30-17:40 Swim School | | | |



Lane swimming book in advance at: www.mybst.org or call reception on 01256 302230

Private lessons and swim lesson enquiries contact Swim School at: dolphin@mybst.org

Family Swim 1 member to book a family swim. Exclusive section of the pool, bookable in advance at reception
Main pool up to 5 swimmers per family. Teaching pool up to 4 swimmers per family.

***Relaxed Lane Swim** Suitable for those with additional needs & their carers, and less confident swimmers.