

# Pool Timetable 5th - 25th July

## 25m Main Pool

MON	06:30-07:25 Lane Swimming	07:30-08:25 Lane Swimming	08:30-09:25 Lane Swimming	09:30-11:30 School Swimming	Private Lessons			12:00-12:55 Lane Swimming	13:00-13:55 Lane Swimming	14:00-16:00 NPLQ	16:00-17:30 Swim School	17:40-18:55 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	Private Lessons			12:00-12:55 Lane Swimming	13:00-13:55 Lane Swimming	14:00-16:00 NPLQ	14:00-15:00 Senior Swimming	Private Lessons	16:00-17:30 Swim School	17:40-18:55 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*	11:00-11:55 Lane Swimming	Private Lessons			12:00-12:55 Lane Swimming	13:00-13:55 Lane Swimming	14:00-15:30 School Swimming	Private Lessons	16:00-17:30 Swim School	17:40-18:55 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	09:30-12:00 School Swimming		Private Lessons			12:00-12:55 Lane Swimming	13:00-13:55 Lane Swimming	14:00-14:45 Aquafit	Private Lessons	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	09:30-10:30 School Swimming	11:00-11:55 Lane Swimming	Private Lessons			12:00-12:55 Lane Swimming	13:00-13:45 Lane Swimming	14:00-16:00 NPLQ	16:00-17:30 Swim School	17:40-18:55 Lane Swimming	19:00-20:00 Bluefins	Private Lessons	
SAT			08:15-09:00 Squad	09:00-13:00 Swim School				13:10-14:10 Lane Swimming	14:15-15:00 Family Swim	15:05-15:50 Family Swim	16:00-16:45 Family Swim	16:45-17:45 Available for Hire				
SUN			08:00-09:00 Lane Swimming	09:30-10:30 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	15:30-17:40 Swim School			Staff Training			

## Teaching Pool

MON		09:30-11:30 School Swimming	11:30-12:30 Swim School	12:45-13:30 Family Swim	Private Lessons	14:00-14:45 Family Swim	Private Lessons	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	Private Lessons	16:00-18:30 Swim School		Private Lessons
WED		09:30-11:00 Little Fishes	11:00-12:30 Swim School	12:45-13:30 Family Swim	Private Lessons	14:00-15:00 School Swimming	Private Lessons	16:00-19:00 Swim School		Private Lessons
THU		09:00-11:00 School Swimming	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	Private Lessons	16:00-18:30 Swim School		Private Lessons
FRI		09:30-11:00 Little Fishes	11:00-12:30 Swim School	12:45-13:30 Family Swim	Private Lessons	14:00-14:45 Family Swim	Private Lessons	16:00-19:00 Swim School		Private Lessons
SAT		08:00-10:00 Little Fishes	10:00-13:30 Swim School		Private Lessons	14:15-15:00 Family Swim	15:05-15:50 Family Swim	16:00-16:45 Family Swim	16:45-17:45 Available for Hire	
SUN		08:00-10:30 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](http://www.mybst.org) or call reception on 01256 302230

Private lessons and swim lesson enquiries contact Swim School at: [dolphin@mybst.org](mailto: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 6 swimmers per family. Teaching pool up to 5 swimmers per family.

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