

TERM TIME 25M MAIN POOL TIMETABLE



MON	06.05 - 07.00 Members Only	07.00 - 09.00 4 Lane Swim & Relaxed Lane Swim	09.30 - 11.30 Schools	11.30 - 14.00 4 Lane Swim & Double Slow Lane	14.00 - 17.45 Swim School	17.45 - 19.00 5 Lane Swim*	19.00 - 20.30 Private Lessons	20.30 - 21.30 Adult Fitness Training				
TUE	06.05 - 07.00 Members Only	07.00 - 09.00 4 Lane Swim & Relaxed Lane Swim	09.30 - 11.00 Schools	11.05 - 11.50 AquaFit	12.00 - 13.45 4 Lane Swim & Double Slow Lane	13.45 - 14.30 Schools	14.30 - 15.30 Senior Swim	15.30 - 16.00 Private Lessons	16.00 - 17.30 Swim School	17.35 - 19.00 5 Lane Swim	19.00 - 20.00 Bluefins	20.00 - 21.00 4 Lane Swim
WED	06.05 - 07.00 Members Only	07.00 - 09.00 4 Lane Swim & Relaxed Lane Swim	09.30 - 11.00 Schools	11.00 - 12.00 3 Lane Swim & Casual	12.00 - 14.00 4 Lane Swim & Relaxed Lane Swim	14.00 - 15.00 Schools	15.00 - 17.45 Swim School	17.45 - 19.00 5 Lane Swim	19.00 - 20.00 Swim School	17.30 - 19.00 Private Lessons	20.00 - 21.00 4 Lane & Double Slow Lane	
THU	06.05 - 07.00 Members Only	07.00 - 09.00 4 Lane Swim & Relaxed Lane Swim	09.30 - 12.00 Schools	12.00 - 13.55 4 Lane Swim & Double Slow Lane	14.00 - 14.45 AquaFit	14.45 - 17.45 Swim School	17.45 - 19.00 5 Lane Swim	19.15 - 20.00 AquaFit	20.00 - 21.05 3 Lane Swim ADULTS ONLY	17.30 - 19.00 Private Lessons	20.00 - 21.00 2 Lane Swim School	Private Lessons
FRI	06.05 - 07.00 Members Only	07.00 - 09.00 4 Lane Swim & Relaxed Lane Swim	09.30 - 12.00 4 Lane Swim & Relaxed Lane Swim	12.00 - 14.00 4 Lane Swim & Double Slow Lane	14.00 - 15.00 Demetia Friendly & Visually Impaired Swim	15.00 - 16.00 Private Lessons	16.00 - 17.30 Swim School	17.35 - 19.00 4 Lane Swim & Relaxed Lane Swim	19.00 - 20.00 Private Lessons	19.00 - 20.00 4 Lane ADULTS ONLY	20.00 - 21.00 6 Lane Swim ADULTS ONLY	
SAT			08.00 - 13.00 Swim School	13.00 - 14.30 3 Lane Swim & Casual	14.45 - 16.30 Fun Swim with Play Rafts		17.00 - 21.00 Available for Hire Call 01256 302224 email: nicola.searle@mybst.org					
SUN		08.05 - 10.00 4 Lane Swimming & Double Slow Lane	10.00 - 12.00 Fun Swim with Play Rafts	12.00 - 13.30 3 Lane Swim & Relaxed Lane Swim	13.30 - 15.30 Fun Swim with Play Rafts	15.30 - 17.30 Swim School	17.30 - 19.00 3 Lane Swim & Relaxed Lane Swim	19.00 - 21.00 Staff Training				
			2 Lane Swim	Private Lessons	Private Lessons	17.30 - 21.00 Private Lessons						

Important Information: The Pool Programme is subject to change. Please see our website for a 'live' timetable.

06.05 - 07.00 weekday sessions are for members only. Bank Holidays 08.05 - 12.30 (3 lanes and relaxed lane swim).

Monday 17.45- 19.00 *3 LANE SWIM from 18.30 - 19.00

*ADULT FITNESS TRAINING, please book in advance.

TEACHING POOL TIMETABLE

MON		09.30 - 11.30 Schools	11.30 - 12.30 Swim School	12.30 - 13.30 Little Spashers (Under 8's & their Adults)	13.30 - 14.30 Swim School	14.30 - 16.00 Private Lessons	16.00 - 18.00 Swim School	18.00 - 19.00 Private Lessons	19.00 - 21.00 Swim School
TUE		09.30 - 12.00 Swim School	12.00 - 13.30 Little Spashers (Under 8's & their Adults)	13.30 - 14.30 Swim School	14.30 - 16.00 Private Lessons	16.00 - 18.30 Swim School	18.30 - 21.00 Private Lessons		
WED		09.30 - 12.00 Swim School	12.00 - 13.30 Little Spashers (Under 8's & their Adults)	13.30 - 14.30 Swim School	14.30 - 16.00 Private Lessons	16.00 - 19.00 Swim School	19.00 - 21.00 Private Lessons		
THU		09.30 - 11.00 Schools	11.00 - 12.15 Swim School	12.15 - 13.00 Little Spashers (Under 8's & their Adults)	13.00 - 18.30 Swim School	18.30 - 21.00 Private Lessons			
FRI		09.30 - 12.00 Swim School	12.00 - 13.30 Little Spashers (Under 8's & their Adults)	13.30 - 14.00 Swim School	14.00 - 16.00 Private Lessons	16.00 - 19.00 Swim School	19.00 - 21.00 Private Lessons		
SAT		08.00 - 13.30 Swim School	13.30 - 14.00 Casual Swim	14.45 - 16.30 Fun Swim with Play Rafts	17.00 - 21.00 Available for Hire Call 01256 302224 email: nicola.searle@mybst.org				
SUN	08.00 - 10.00 Swim School	10.00 - 12.00 Fun Swim with Play Rafts	12.00 - 13.30 Casual Swim	13.30 - 15.25 Fun Swim with Play Rafts	15.30 - 18.00 Swim School	18.00 - 21.00 Private Lessons			

Important Information:

LITTLE SPLASHERS - Fun in the teaching pool for under 8's and their adults. Balls and play rafts available for the whole session.

Please refer to the Basingstoke Sports Centre Pool Admission Policy for accompanying children under the age of 8 on our website: mybst.org/basingstoke