

# TERM TIME 25M MAIN POOL TIMETABLE



MON	06.35 - 07.00 Members only, starts at 06.00 on Tuesdays	07.00 - 09.00 4 LANE SWIM & RELAXED LANE SWIM	09.30 - 11.30 SCHOOLS	11.30 - 14.00 4 LANE SWIM & DOUBLE LANE SWIM	14.00 - 17.45 SWIM SCHOOL			17.45 - 19.00 5 LANE SWIM *	19.00 - 20.30 BLUEFINNS	20.30 - 21.30 *ADULT FITNESS TRAINING		
		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 LANE SWIM	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 BLUEFINNS	20.00 - 21.00 4 LANE SWIM
		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 BLUEFINNS	20.00 - 21.00 4 LANE SWIM & DOUBLE SLOW	
		07.00 - 09.00 4 LANE SWIM & RELAXED LANE SWIM	09.30 - 12.00 SCHOOLS		12.00 - 13.55 4 LANE SWIM & DOUBLE SLOW	14.00 - 14.45 AQUAFIT	14.45 - 17.45 SWIM SCHOOL		17.45 - 19.00 5 LANE SWIM	19.15 - 20.00 AQUAFIT	20.05 - 21.05 3 LANE ADULT ONLY SWIM	
		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	14.00 - 15.00 DEMENTIA 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 - 21.00 BLUEFINNS		2 LANE ADULTS ONLY SWIM	
		07.55 - 08.55 BLUEFINNS	09.00 - 13.00 SWIM SCHOOL			13.00 - 14.30 3 LANE SWIM & CASUAL	14.45 - 16.30 FUN SWIM & PLAY RAFTS	17.00 - 21.00 AVAILABLE FOR HIRE contact: 01256 302224 or email: nicola.searle@mybst.org				
SUN	08.05 - 10.00 4 LANE SWIM & DOUBLE SLOW	10.00 - 12.00 FUN SWIM & PLAY RAFTS	12.00 - 13.30 3 LANE SWIM & RELAXED LANE SWIM	13.30 - 15.25 FUN SWIM & PLAY RAFTS	15.30 - 17.30 SWIM SCHOOL		17.35 - 19.00 3 LANE SWIM & RELAXED LANE SWIM	19.00 - 21.00 STAFF TRAINING				
	2 LANE SWIM		13.30 - 15.30 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.**

06.35 - 07.00 weekday sessions are for members only, Tuesday members swim starts at 06.00. Bank Holidays 08.05 - 12.30 (3 lanes and Casual).

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 SPLASHERS (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
	09.30 - 12.00 SWIM SCHOOL	12.00 - 13.30 LITTLE SPLASHERS (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	
	09.30 - 12.00 SWIM SCHOOL	12.00 - 13.30 LITTLE SPLASHERS (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	
	09.30 - 11.00 SCHOOLS	11.00 - 12.15 SWIM SCHOOL	12.15 - 13.00 LITTLE SPLASHERS (under 8's & their Adults)	13.00 - 18.30 SWIM SCHOOL			18.30 - 21.00 PRIVATE LESSONS	
	09.30 - 12.00 SWIM SCHOOL	12.00 - 13.30 LITTLE SPLASHERS (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 - 14.30 CASUAL SWIM	14.45 - 16.30 FUN SWIM & PLAY RAFTS	17.00 - 21.00 AVAILABLE FOR HIRE contact: 01256 302224 or email: nicola.searle@mybst.org		
	08.05 - 10.00 CASUAL SWIM	10.00 - 12.00 FUN SWIM & PLAY RAFTS	12.00 - 13.30 CASUAL SWIM	13.30 - 15.25 FUN SWIM & 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](http://mybst.org/basingstoke)