

Pool Timetable

| 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 & DOUBLE SLOW | 09.30 - 11.30 SCHOOLS | | 11.30 - 14.00 4 LANE SWIM & CASUAL | 14.00 - 17.45 SWIM SCHOOL | | | 17.45 - 19.00 6 LANE SWIM * | 19.00 - 20.30 BLUEFINS | 20.30 - 21.30 ADULT FITNESS TRAINING* | |
| TUE | | 07.00 - 09.00 4 LANE SWIM & CASUAL | 09.30 - 11.00 SCHOOLS | 11.05 - 11.50 AQUAFIT | 12.00 - 13.45 4 LANE SWIM & CASUAL | 13.45 - 14.30 SCHOOLS | 14.30 - 15.30 SENIOR SWIM | 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 | | 07.00 - 09.00 4 LANE SWIM & DOUBLE SLOW | 09.30 - 11.00 SCHOOLS | 11.00 - 12.00 3 LANE SWIM & CASUAL | 12.00 - 14.00 4 LANE SWIM & DOUBLE SLOW | 14.00 - 15.00 SCHOOLS | 15.00 - 17.45 SWIM SCHOOL | | 17.45 - 19.00 6 LANE SWIM | 19.00 - 20.00 BLUEFINS | 20.00 - 21.00 4 LANE SWIM & DOUBLE SLOW | |
| THU | | 07.00 - 09.00 4 LANE SWIM & CASUAL | 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 | |
| FRI | | 07.00 - 09.00 4 LANE SWIM & DOUBLE SLOW | 09.30 - 12.00 3 LANE SWIM & CASUAL | 12.00 - 14.00 4 LANE SWIM & DOUBLE SLOW | 14.00 - 15.00 DEMENTIA FRIENDLY & VISUALLY IMPAIRED SWIM | 15.30 - 16.00 PRIVATE LESSONS | 16.00 - 17.30 SWIM SCHOOL | 17.35 - 19.00 4 LANE SWIM & CASUAL | 19.00 - 21.00 BLUEFINS | | | |
| SAT | | 08.00 - 09.00 BLUEFINS | 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 & CASUAL | 13.30 - 15.25 FUN SWIM & PLAY RAFTS | 15.30 - 17.30 SWIM SCHOOL | 17.35 - 19.00 3 LANE SWIM & CASUAL | 19.00 - 21.00 STAFF TRAINING | | | | |

Important Information: 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). Adult Fitness Training, please book in advance. Monday 17.45- 19.00 *3 Lane swim from 18.30 - 19.00. Also, please refer to the Basingstoke Sports Centre Pool Admission Policy for accompanying children under the age of 8 on our website: mybst.org/basingstoke
The Pool Programme is subject to change. Please see our website for a 'live' timetable.

| TERM TIME | | TEACHING POOL TIMETABLE | | | | | | | | | | |
|-----------|---------------------------------------------------------|------------------------------|----------------------------------------|-----------------------------------|----------------------------------------|----------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------|--|--|
| MON | 06.35 - 07.00 Members only, starts at 06.00 on Tuesdays | 07.00 - 09.00 CASUAL SWIM | 09.30 - 11.30 SCHOOLS | 11.30 - 12.30 SWIM SCHOOL | 12.30 - 13.30 LITTLE SPLASHERS | 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 | | 07.00 - 09.00 CASUAL SWIM | 09.30 - 12.00 SWIM SCHOOL | 12.00 - 13.30 LITTLE SPLASHERS | | 13.30 - 14.30 SWIM SCHOOL | 14.30 - 16.00 PRIVATE LESSONS | 16.00 - 18.30 SWIM SCHOOL | 18.30 - 20.00 PRIVATE LESSONS | 20.00 - 21.00 DIS - SPORT | | |
| WED | | 07.00 - 09.00 CASUAL SWIM | 09.30 - 12.00 SWIM SCHOOL | 12.00 - 13.30 LITTLE SPLASHERS | | 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 | | 07.00 - 09.00 CASUAL SWIM | 09.30 - 11.00 SCHOOLS | 11.00 - 12.15 SWIM SCHOOL | 12.15 - 13.00 LITTLE SPLASHERS | 13.00 - 18.30 SWIM SCHOOL | | | | 18.30 - 21.00 PRIVATE LESSONS | | |
| FRI | | 07.00 - 09.00 CASUAL SWIM | 09.30 - 12.00 SWIM SCHOOL | 12.00 - 13.30 LITTLE SPLASHERS | | 13.30 - 14.00 SWIM SCHOOL | 14.00 - 15.00 DEMENTIA FRIENDLY SWIM & VISUALLY IMPAIRED SWIM | 15.30 - 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 - 14.45 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 | | | | |
| SUN | | 08.05 - 10.00 CASUAL SWIM | 10.00 - 12.00 FUN SWIM & PLAY RAFTS | 12.00 - 13.30 LITTLE SPLASHERS | 13.30 - 15.25 FUN SWIM & PLAY RAFTS | | 15.30 - 18.00 SWIM SCHOOL | 18.00 - 21.00 PRIVATE LESSONS | | | | |

Enquire at Reception today about
Unlimited Swimming from £26/pm

mybst.org/basingstoke

01256 326331