

The most up to date timetable can be found online at [www.valleyleisure.co.uk](http://www.valleyleisure.co.uk)

Details are correct at time of print.

Day	Main Pool		Teaching Pool	
<b>Monday</b>	06.15 – 08.30 09.30 – 10.15 10.20 – 11.30 11.30 – 12.00 12.00 – 13.45	General Public Lane Swim Aqua Fit General Public Swim <b>SL</b> Peter Pan Adult Swimming/ #Swimfit (12.15-13.15) <b>SL</b>		
<b>Tuesday</b>	06.15 – 08.30 09.00 – 10.30 11.15 – 11.55 12.00 – 13.45 15.00 – 17.55 19.05 – 20.30	General Public Lane Swim <b>ASC</b> Swim & Spa Aquabump Adult Swimming <b>SL2</b> General Public Swim <b>SS/SL</b> General Public Lane Swim	09.00 – 10.00	Parent & Toddler
<b>Wednesday</b>	06.15 – 08.30  11.30 – 12.00 12.00 – 13.45 15.30 – 18.55 19.00 – 19.45 20.35 – 22.00	General Public Lane Swim /#Swimfit (07.00-08.00) Peter Pan / Pre & Post Natal Swim Adult Swimming <b>SL2</b> General Public Swim <b>SS/ST</b> Aqua Zumba (not suitable if pregnant) General Public Lane Swim		
<b>Thursday</b>	06.15 – 08.30 09.30 – 10.15 10.20 – 11.00 11.00 – 11.55 12.00 – 13.45 19.30 – 20.15 20.20 – 22.00	General Public Lane Swim <b>ASC</b> Aqua Fit General Public Swim <b>SS/SL</b> 50+ Swimming Adult Swimming <b>SL2</b> Aqua Fit General Public Lane Swim /#Swimfit (20.25-20.55)	10.00 – 11.00	Parent & Toddler – Teacher Led
<b>Friday</b>	06.15 – 08.30 09.00 – 10.30 10.40 – 11.25 12.00 – 13.45 15.00 – 19.25 19.30 – 21.00	General Public Lane Swim <b>ASC</b> Swim & Spa Low Level Aqua Fit Adult Swimming <b>SL2</b> General Public Swim <b>SS/(SL 15.00-17.00)</b> General Public Lane Swim <b>ASC</b>	09.30 – 11.00	Parent & Toddler
<b>Saturday</b>	13.30 – 15.00 15.30 – 16.25 16.30 – 17.30 18.45 onwards	Dual Run Inflatable Session** General Public Swim <b>SS/SL</b> Adult Swimming <b>SL2</b> <b>Available for Private Hire</b>	13.30 – 15.00 15.30 – 16.25	Fun Session General Public Swim
<b>Sunday</b>	07.00 – 08.15 10.45 – 13.00 13.30 – 15.00 15.30 – 16.55 17.00 – 18.00	General Public Lane Swim Fun Session <b>SS</b> Inflatable Slide Session General Public Swim <b>SS/SL</b> General Public Lane Swim	10.45 – 13.00 13.30 – 15.00 15.30 – 16.25	Fun Session Fun Session General Public Swim

**Key**

ASC	The pool is shared with Andover Swim Club
SS	The pool is shared with Swim School and 1:1 Lessons
SL	There will be a swimming lane in this session
SL2	There are 2 swimming lanes in this session
ST	Staff Training
#	Swimfit is bookable at reception
**	Must be able to swim a minimum of 25m.


**Charlton Lakeside  
Water Based Activities**

 Please go to our website for more info  
<http://valleyleisure.co.uk/>

# Swimming Timetable: 4<sup>th</sup> January – 19<sup>th</sup> February 2017

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Details are correct at time of print.

Day	Main Pool		Teaching Pool	
<b>Monday</b>	06.15 – 08.30	Lane Swimming		
	09.30 – 10.15	Aqua Fit		
	10.20 – 11.30	General Public	SL	
	11.30 – 12.00	Peter Pan		
	12.00 – 13.45	Adult Swimming/ #Swimfit (12.15-13.15)	SL	
<b>Tuesday</b>	06.15 – 08.30	Lane Swimming	ASC	09.00 – 10.00 Parent & Toddler
	09.00 – 10.30	Swim & Spa		
	11.15 – 11.55	Aquabump		
	12.00 – 13.45	Adult Swimming	SL2	
	15.00 – 17.55	General Public	SS/SL	
<b>Wednesday</b>	06.15 – 08.30	Lane Swimming/ #Swimfit (07.00-08.00)		
	11.30 – 12.00	Peter Pan / Pre & Post Natal Swim		
	12.00 – 13.45	Adult Swimming	SL2	
	15.30 – 18.55	General Public	SS/ST	
	19.00 – 19.45	Aqua Zumba (not suitable if pregnant)		
	20.35 – 22.00	Lane Swimming		
<b>Thursday</b>	06.15 – 08.30	Lane Swimming	ASC	10.00 – 11.00 Parent & Toddler – Teacher Led
	09.30 – 10.15	Aqua Fit		
	10.20 – 11.00	General Public	SS/SL	
	11.00 – 11.55	50+ Swimming		
	12.00 – 13.45	Adult Swimming	SL2	
	19.30 – 20.15	Aqua Fit		
	20.20 – 22.00	Lane Swimming/ #Swimfit (20.25-20.55)		
<b>Friday</b>	06.15 – 08.30	Lane Swimming	ASC	09.30 – 11.00 Parent & Toddler
	09.00 – 10.30	Swim & Spa		
	10.40 – 11.25	Low Level Aqua Fit		
	12.00 – 13.45	Adult Swimming	SL2	
	15.00 – 19.25	General Public	SS/(SL 15.00-17.00)	
	19.30 – 21.00	Lane Swimming	ASC	
<b>Saturday</b>	13.30 – 15.00	Dual Run Inflatable Session**		13.30 – 15.00 Fun Session 15.30 – 16.25 General Public
	15.30 – 16.25	General Public	SS/SL	
	16.30 – 17.30	Adult Swimming	SL2	
	18.45 onwards	Available for Private Hire		
<b>Sunday</b>	07.00 – 08.15	Lane Swimming		10.45 – 13.00 Fun Session 13.30 – 15.00 Fun Session 15.30 – 16.25 General Public
	10.45 – 13.00	Fun Session	SS	
	13.30 – 15.00	Inflatable Slide Session		
	15.30 – 16.55	General Public	SS/SL	
	17.00 – 18.00	Lane Swimming		

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### Charlton Lakeside Water Based Activities

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Please note that there will be an altered swimming timetable during February Half Term

## Swimming Prices

Adult	£3.80
Junior (Age 3yrs+)	£2.55
Family Swim	£11.55
Concessions	£2.55
Under 3yrs	FREE
Aqua Fit	£5.00
Aqua Zumba (not suitable if pregnant)	£5.35
Swim & Spa – Tues / Fri (Adults* only)	£5.45
Wet Ticket (Adults* only)	£9.00
Pre & Post Natal	£3.80
Parent & Baby (Under 1's)	£2.55
Parent & Toddler (Under 3's)	£3.80
Parent & Toddler (3yrs+)	£6.35
Junior Inflatable / Fun Session	£3.40
Adult Inflatable / Fun Session	£4.05
Family Inflatable / Fun Session (A family swim is for 2 adults & 2 children)	£13.80
Swimfit	£3.00

## Admission Policy

- **Children 8yrs and under** MUST be accompanied by an adult, please see our pool admissions policy for further details.
- **Parent and Toddler sessions** are for parents with children aged 0-4 years.
- **Lane Swimming:** This will allow anybody under the age of 16 years to attend lane swimming when accompanied by a parent / guardian. Juniors must be able to swim a minimum of 50 metres and keep up with the flow of the lanes to attend.
- Adults = 16yrs+



## Lane Swimming Etiquette

- All swimmers must follow the directional signs at the end of the pool. Do not swim in the middle of the lane.
- Please use the most suitable lane for your speed and stroke.
- Lifeguard staff may ask customers to change lanes to benefit continuous flow of all swimmers. Please obey instructions given by Lifeguards at all times; failure to do so may result in you being asked to leave the session.
- Entering the water - wait until there is a large gap between people and slip into the water feet first.
- Be polite to swimmers of varying skill levels.
- Passing - if you find yourself catching up with a swimmer in front of you, the request to pass is signified by a gentle tap on the feet to let them know that you need to pass. The swimmer will then have to stop at the next wall and let you pass.
- Do not turn into oncoming swimmers.
- If you cannot keep up with the pace, please change lanes.
- Above all, please use reasonable judgement and courtesy.

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