

# Pool Timetable

3<sup>rd</sup> January – 31<sup>st</sup> March  
(excluding half term w/c 20<sup>th</sup> February)



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Day	Main Pool		Features Pool		Teaching Pool	
	Time	Session	Time	Session	Time	Session
Monday	06:15-09:00	Adult Lane Swimming	09:00-10:00	50+ Swimming / Lessons	09:00-10:00	50+ Swimming
	09:00-10:00	50+ Swimming / Lessons	10:00-12:00	Fun Swim	10:00-11:00	Parent and Toddler – Teacher Led
	10:00-12:00	Fun Swim	12:00-13:30	Splashtime	11:00-22:00	CLOSED for lessons / club
	12:00-13:30	Adult Lane Swimming	13:30-15:45	General Swimming		
	13:30-15:45	General Swimming	16:00-22:00	CLOSED for lessons/club		
	16:00-18:00	CLOSED for lessons				
	18:00-19:00	Aqua Fit Natal				
	19:00-21:00	CLOSED for swim club				
	21:00-22:00	Adult Lane Swimming				
Tuesday	06:15-09:00	Adult Lane Swimming	09:00-10:00	50+ Swimming / Lessons	09:00-10:00	Aqua Fit
	09:00-10:00	50+ swimming / Lessons	10:00-12:00	Fun Swim	10:00-11:00	Aqua Fit
	10:00-12:00	Fun Swim	12:00-15:00	Splashtime	11:00-12:00	Fun Swim
	12:00-14:00	Adult Lane Swimming	15:00-16:00	Fun Swim – Child Special	12:00-13:30	Splashtime
	14:00-15:00	50+/NHS Swimming	16:00-18:00	CLOSED for lessons	13:30-15:00	CLOSED for lessons
	15:00-18:00	Fun Swim – Child Special	18:00-20:00	Splashtime	15:00-16:00	Fun Swim – Child Special
	18:00-20:00	Family Lane Swimming	20:00-22:00	CLOSED	16:00-18:30	CLOSED for lessons
	20:00-21:00	Aqua Fit			18:30-20:00	Splashtime
	21:00-22:00	Adult Lane Swimming			20:00-22:00	CLOSED
Wednesday	06:15-09:00	Adult Lane Swimming	09:00-10:00	50+ Swimming / Lessons	09:00-10:00	50+ Swimming
	09:00-10:00	50+ Swimming / Lessons	10:00-12:00	Fun Swim	10:00-11:00	Parent and Toddler – Teacher Led
	10:00-12:00	Fun Swim	12:00-16:00	Splashtime	11:00-12:00	Fun Swim
	12:00-14:00	Adult Lane Swimming	16:00-20:00	CLOSED for lessons	12:00-15:00	Splashtime
	14:00-15:00	50+/Schools	20:00-22:00	CLOSED	15:00-22:00	CLOSED for lessons / club
	15:00-20:00	CLOSED for lessons				
	20:20-21:00	Aqua Zumba				
21:00-22:00	Adult lane swimming					
Thursday	06:15-09:00	Adult Lane Swimming	09:00-10:00	50+ Swimming / Lessons	09:00-10:00	Aqua Fit
	09:00-10:00	50+ Swimming / Lessons	10:00-12:00	Fun Swim	10:00-12:00	Fun Swim
	10:00-12:00	Fun Swim	12:00-15:00	Splashtime	12:00-15:00	Splashtime
	12:00-14:00	Adult Lane Swimming	15:00-18:00	Fun Swim – Child Special	15:00-16:00	Fun Swim – Child Special
	14:00-15:00	50+/Schools	18:00-20:00	Splashtime	16:00-22:00	CLOSED for lessons
	15:00-18:00	Fun Swim – Child Special	20:00-22:00	CLOSED		
	18:00-20:00	Family Lane Swimming				
	20:00-21:00	Aqua Fit				
	21:00-22:00	Adult Lane Swimming				
Friday	06:15-09:00	Adult Lane Swimming	09:00-10:00	50+ Swimming / Lessons	09:00-10:00	50+ Swimming
	09:00-10:00	50+ Swimming / Lessons	10:00-12:00	Fun Swim	10:00-11:00	Parent and Toddler – Teacher Led
	10:00-12:00	Fun Swim	12:00-13:30	Splashtime	11:00-15:00	CLOSED for lessons
	12:00-13:30	Adult Lane Swimming	13:30-15:00	General Swimming	15:00-16:00	Fun Swim- Family Special
	13:30-15:00	General Swimming	15:00-18:30	Fun Swim- Family special	16:00-18:30	CLOSED for lessons
	15:00-18:30	Fun Swim- Family Special	18:30-19:55	Pool Disco	18:30-19:55	Pool Disco
	18:30-19:55	Pool Disco	20:00-21:30	Pool Disco	20:00-21:30	Pool Disco
	20:00-21:30	Pool Disco				
Saturday	10:00-17:00	Fun swim	10:00-17:00	Fun swim	10:00-17:00	Fun Swim
	17:15-19:30	Available for Private Hire	17:15-19:30	Available for Private Hire	17:15-19:30	Available for Private Hire
Sunday	08:00-09:00	Adult Lane Swimming / Lessons	10:00-18:00	Fun Swim	10:00-18:00	Fun Swim
	10:00-18:00	Fun Swim	18:00-19:00	Splashtime	18:00-19:00	Splashtime
	18:00-19:00	Family Lane Swimming				

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Tuesday	06:15-09:00	Adult Lane Swimming	09:00-10:00	50+ Swimming / Lessons	09:00-10:00	Aqua Fit
	09:00-10:00	50+ swimming / Lessons	10:00-12:00	Fun Swim	10:00-11:00	Aqua Fit
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## Pool sessions

Session	Description	Price	
		Adult	Junior/concession
Fun swim	Brave the Rapids, ride the flume, dodge the tipping bucket, enjoy the bubble seats, or just have fun on our pirate ship. Something for everyone.	£5.65 £18.95 family	£4.25
Splashtime	Includes the use of the features pool (bubble seats, pirate ship, and beach area).	£3.55 £12.50 family	£2.80
Adult lane swimming	A fantastic way to keep fit and healthy by swimming lengths in the main pool.	£3.80	£2.60
Family lane swimming	Why not keep fit as a family in a fun, friendly environment? More sessions have now been added.	£3.80	£2.60
General swimming	All pools and features are open apart from the Rapids. One lane in the main pool for swimming lengths.	£4.65	£3.25
50+ swim	A social, fun session for all abilities. Swim at your own pace while keeping fit. Why not have a coffee and a natter in costa after?	£3.20	N/A
Aqua fit	A workout with a difference. Water supports the body putting less stress on your joints and muscles.	£5.35	£4.80
Aqua Zumba	Blends the Zumba philosophy with water resistance for a fun workout. A party not to miss!	£3.60	£3.10
Aqua fit natal	A wonderful way to exercise, relax, and socialise when you are pregnant.	£4.05	N/A
Pool Disco	Includes disco lights (seasonal) or swim rings and music.	£3.25	£3.25

## Useful information

One adult may accompany two children under 8. Both children must be supervised in all areas. We recommend the use of floatation aids. Under 4's or non-swimmers must be directly supervised or wear floatation aids.

During busy times, such as weekends and school holidays, we operate a coloured band system to regulate occupancy levels in our pools. This guarantees you 70 minutes in the pool and changing rooms.

Rapids Fast-Track Tickets can be booked in advance online to avoid the queues (closes midnight the day before). Adult tickets are £7.20 and junior/concession tickets are £5.50. Fast track entitles you to free round of crazy golf at Romsey Sports centre. You simply need to show your fast track band at reception to collect your clubs, balls and scorecard.

Please bring floatation aids (if required) and a returnable £1 coin for our lockers. Disabled user lockers are 20p and hairdryers take 20p coins.

A selection of swimming accessories and costumes are available at reception. 4 hours free parking is available on site.

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