

# Parkside Pools & Gym

## Main Pool - TERM TIME PROGRAMME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
06:30am								
07:00am								
07:30am	Lane Swimming (8 Lanes)		Lane Swimming (8 Lanes)		Lane Swimming (8 Lanes)			
08:00am	Lane Swimming (5 Lanes)		Swimming Club (3 Lanes)		Lane Swimming (5 Lanes)		Swimming Club (3 Lanes)	
08:30am								
09:00am	Lane Swimming (4 Lanes)		Swimming Lessons (2 Lanes)		Lane Swimming (4 Lanes)		Swimming Lessons (5 Lanes)	
09:30am	Schools (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Lane Swimming (3 Lanes)	
10:00am	Lane Swimming (4 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
10:30am	Lane Swimming (4 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
11:00am	Staff Training (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
11:30am	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
12:00pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
12:30pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
13:00pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
13:30pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
14:00pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
14:30pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
15:00pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
15:30pm	Swim For All (2 Lanes)		Swimming Lessons (2 Lanes)		Schools (4 Lanes)		Swimming Lessons (5 Lanes)	
16:00pm	Family Swim (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (5 Lanes)		Swimming Club (3 Lanes)	
16:30pm	Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (5 Lanes)		Swimming Club (3 Lanes)	
17:00pm	Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (5 Lanes)		Swimming Club (3 Lanes)	
17:30pm	Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (5 Lanes)		Swimming Club (3 Lanes)	
18:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
18:30pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
19:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
19:30pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
20:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
20:30pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
21:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
21:30pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	

\* On the last Sunday of every month we run our Super Sunday sessions. The Sunday timetable will run as normal until 11.30am when the pools close for 30 minutes, the pools will open for 3 sessions which are 12pm-1.15pm, 1.30pm-2.45pm & 3pm-4.15pm, there will be no lane swimming during this time. The pools will then close for 15 minutes before opening again as per the normal programme at 4.30pm. Further details can be found at [www.better.org.uk/parksidepools](http://www.better.org.uk/parksidepools)

# Parkside Pools & Gym

## Teaching Pool - TERM TIME PROGRAMME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
06:30am									
07:00am	Senior Swim (Whole Pool)	Senior Swim (Whole Pool)	Diving Club (Whole Pool)	Senior Swim (Whole Pool)	Diving Club (Whole Pool)				
07:30am									
08:00am	Swimming Lessons (Whole Pool)	Swimming Lessons (Whole Pool)	Swim For All (Whole Pool)	Swimming Lessons (Whole Pool)	Swim For All (Whole Pool)	Swimming Lessons (Whole Pool)	Swimming Lessons (Whole Pool)		
08:30am									
09:00am									
09:30am		Schools (Whole Pool)	Swimming Lessons (Whole Pool)	Schools (Whole Pool)	Schools (Whole Pool)	Diving Club (Whole Pool)	Swim For All (Whole Pool)		
10:00am	Schools (2/3 Pool)		Swim Lessons (1/3 Pool)					Schools (2/3 Pool)	Swim Lessons (1/3 Pool)
10:30am									
11:00am									
11:30am									
12:00pm				Swim For All (Whole Pool)					
12:30pm	Swim For All (Half Pool)	Dive For All (Whole Pool)	Aqua Natal (Whole Pool)	Disabled Swim (Whole Pool)	Diving For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)		
13:00pm									
13:30pm			Schools (Whole Pool)		Schools (Whole Pool)				
14:00pm	Water Workout (Whole Pool)	Senior Swim (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)	Family Fun (Whole Pool)	Family Fun (Whole Pool)		
14:30pm									
15:00pm	Swim For All (1/3 Pool)	Swimming Lessons (2/3 Pool)	Swim For All (1/3 Pool)	Swimming Lessons (2/3 Pool)	Swimming Lessons (Whole Pool)	Diving For All (Whole Pool)	Swim For All (Whole Pool)		
15:30pm									
16:00pm		Swimming Lessons (Whole Pool)							
16:30pm									
17:00pm									
17:30pm					Diving Club (Whole Pool)	Staff Training (Whole Pool)	Swim For All (Whole Pool)		
18:00pm	Diving Club (Whole Pool)	Diving Club (Whole Pool)	Diving Club (Whole Pool)	Swim Club (Whole Pool)					
18:30pm									
19:00pm									
19:30pm							Dive Club (Whole Pool)	Synchro Lessons (Whole Pool)	Private Hire
20:00pm									
20:30pm					Staff Training (Whole Pool)				
21:00pm			Adult Lessons (Whole Pool)						
21:30pm									

\* On the last Sunday of every month we run our Super Sunday sessions. The Sunday timetable will run as normal until 11.30am when the pools close for 30 minutes, the pools will open for 3 sessions which are 12pm-1.15pm, 1.30pm-2.45pm & 3pm-4.15pm, there will be no lane swimming during this time. The pools will then close for 15 minutes before opening again as per the normal programme at 4.30pm. Further details can be found at [www.better.org.uk/parksidepools](http://www.better.org.uk/parksidepools)

# Parkside Pools & Gym

## Toddler / Flumes - TERM TIME PROGRAMME

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes
06:30am														
07:00am														
07:30am														
08:00am														
08:30am														
09:00am														
09:30am	Family Swim (Whole Pool)		Family Swim (Whole Pool)		Family Swim (Whole Pool)		Family Swim (Whole Pool)		Family Swim (Whole Pool)		Family Swim (Whole Pool)	Flumes	Family Swim (Whole Pool)	Flumes
10:00am														
10:30am														
11:00am														
11:30am														
12:00pm														
12:30pm														
13:00pm														
13:30pm														
14:00pm														
14:30pm														
15:00pm														
15:30pm														
16:00pm		Flumes												
16:30pm		Flumes												
17:00pm		Flumes												
17:30pm												Staff Training (Whole Pool)		
18:00pm												Private Hire (Whole Pool)		
18:30pm														
19:00pm														
19:30pm														
20:00pm														
20:30pm														
21:00pm														
21:30pm														

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# Parkside Pools & Gym

## Main Pool - HOLIDAY PROGRAMME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
06:30am								
07:00am	Lane Swimming (8 Lanes)		Lane Swimming (8 Lanes)		Lane Swimming (8 Lanes)			
07:30am	Lane Swimming (5 Lanes)		Lane Swimming (5 Lanes)		Lane Swimming (8 Lanes)			
08:00am			Swimming Club (3 Lanes)		Swimming Club (3 Lanes)			
08:30am	Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Lane Swimming (3 Lanes)	
09:00am	Crash Course Swimming Lessons (2 Lanes)		Crash Course Swimming Lessons (2 Lanes)		Crash Course Swimming Lessons (2 Lanes)		Swimming Lessons (5 Lanes)	
09:30am	Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Swimming Lessons (5 Lanes)	
10:00am	Swim For All (2 Lanes)		Swim For All (2 Lanes)		Swim For All (2 Lanes)		Swim For All (2 Lanes)	
10:30am	Staff Training (2 Lanes)		Swim For All (2 Lanes)		Swim For All (2 Lanes)		Swim For All (2 Lanes)	
11:00am	Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)	
11:30am	Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)	
12:00pm	Family Swim (6 Lanes)		Family Swim (6 Lanes)		Family Swim (6 Lanes)		Family Swim (6 Lanes)	
12:30pm	Parties (2 Lanes)		Parties (2 Lanes)		Parties (2 Lanes)		Parties (2 Lanes)	
13:00pm	Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)	
13:30pm	Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)	
14:00pm	Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)	
14:30pm	Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)	
15:00pm	Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)	
15:30pm	Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)		Lane Swimming (6 Lanes)	
16:00pm	Family Swim (4 Lanes)		Family Swim (4 Lanes)		Family Swim (4 Lanes)		Family Swim (4 Lanes)	
16:30pm	Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)		Swimming Lessons (4 Lanes)	
17:00pm	Swimming Lessons (5 Lanes)		Swimming Lessons (5 Lanes)		Swimming Lessons (5 Lanes)		Swimming Lessons (5 Lanes)	
17:30pm	Swimming Club (3 Lanes)		Swimming Club (3 Lanes)		Swimming Club (3 Lanes)		Swimming Club (3 Lanes)	
18:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
18:30pm	Swimming Club (Whole Pool)		Swimming Club (Whole Pool)		Swimming Club (Whole Pool)		Swimming Club (Whole Pool)	
19:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
19:30pm	Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)	
20:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
20:30pm	Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)		Lane Swimming (4 Lanes)	
21:00pm	Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)		Swimming Club (4 Lanes)	
21:30pm	Adult Lessons (4 Lanes)		Adult Lessons (4 Lanes)		Adult Lessons (4 Lanes)		Adult Lessons (4 Lanes)	
	Water Polo Club (Whole Pool)		Water Polo Club (Whole Pool)		Water Polo Club (Whole Pool)		Water Polo Club (Whole Pool)	

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# Parkside Pools & Gym

## Teaching Pool - HOLIDAY PROGRAMME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30am							
07:00am	Senior Swim (Whole Pool)	Senior Swim (Whole Pool)	Diving Club (Whole Pool)	Senior Swim (Whole Pool)	Diving Club (Whole Pool)		
07:30am							
08:00am	Crash Course Swimming/Dive Lessons (Whole Pool)	Crash Course Swimming/Dive Lessons (Whole Pool)	Crash Course Swimming/Dive Lessons (Whole Pool)	Crash Course Swimming/Dive Lessons (Whole Pool)	Crash Course Swimming/Dive Lessons (Whole Pool)	Swimming Lessons (Whole Pool)	Swimming Lessons (Whole Pool)
08:30am							
09:00am							
09:30am							
10:00am	Swim For All (2/3 Pool)	Swimming Lessons (1/3 Pool)	Swim For All (2/3 Pool)	Swimming Lessons (1/3 Pool)	Diving For All (Whole Pool)	Diving Club (Whole Pool)	Swim For All (Whole Pool)
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm	Swim For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)
13:00pm							
13:30pm							
14:00pm	Dive For All (Whole Pool)		Swim For All (Whole Pool)			Family Fun (Whole Pool)	Family Fun (Whole Pool)
14:30pm							
15:00pm	Swim For All (1/3 Pool)	Swimming Lessons (2/3 Pool)					
15:30pm							
16:00pm					Diving For All (Whole Pool)	Swim For All (Whole Pool)	Swim For All (Whole Pool)
16:30pm							
17:00pm							
17:30pm					Diving Club (Whole Pool)	Staff Training (Whole Pool)	
18:00pm				Swim Club (Whole Pool)			
18:30pm	Diving Club (Whole Pool)	Diving Club (Whole Pool)	Diving Club (Whole Pool)	Dive Club (Whole Pool)	Synchro Lessons (Whole Pool)	Private Hire	Diving Club (Whole Pool)
19:00pm							
19:30pm							
20:00pm							
20:30pm			Adult Lessons (Whole Pool)		Staff Training (Whole Pool)		
21:00pm							
21:30pm							

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# Parkside Pools & Gym

## Toddler / Flumes - HOLIDAY PROGRAMME

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes	Toddler Pool	Flumes
06:30am														
07:00am														
07:30am														
08:00am														
08:30am														
09:00am														
09:30am	Family Swim (Whole Pool)	Flumes	Family Swim (Whole Pool)	Flumes	Family Swim (Whole Pool)	Flumes	Family Swim (Whole Pool)	Flumes	Family Swim (Whole Pool)	Flumes	Family Swim (Whole Pool)	Flumes	Family Swim (Whole Pool)	Flumes
10:00am														
10:30am														
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