

## MAIN POOL PROGRAMME



School Swimming Lessons



Junior Swimming Lessons



Closed for Clubs

	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
MON	Early Morning Lane Swim 06:30-09:30			AQUA FIT 09:30 - 10:15 & 10:15 - 11:00 Lane Swim		Public Swim 11:00-13:30		Public Swim 14:00-19:00		Junior Swimming Lessons 16:30-19:00			SEVENOAKS SWIM CLUB 19:00-21:30 Evening Lane Swim 20:00-22:00				
TUE	Early Morning Lane Swim 06:30-09:00		Primetime (50+) Swim 09:00 - 11:30			Public Swim 11:30-20:00				Junior Swimming Lessons 16:00-19:30			7'OAKS TRI-CLUB 20:00 - 21:00		Evening Lane Swim 21:00-22:00		
WED	Early Morning Lane Swim 06:30-09:30			AQUA FIT 11:15-12:15 Lane Swim		Public Swim 12:15-20:00				SEVENOAKS SWIM CLUB 17:00-18:30		LESSONS		SEVENOAKS MASTERS SWIM CLUB & WATER POLO CLUB 20:00-22:00			
THU	Early Morning Lane Swim 06:30 - 08:30		Primetime (50+) 08:30 - 09:30	Public Swim 12:30-13:30			Public Swim 14:30-17:45			Junior Swimming Lessons		SEVENOAKS SWIM CLUB 17:45-21:15			Evening Lane Swim 21:15-22:00		
FRI	Early Morning Lane Swim 06:30 - 08:30		Public Swim 09:30-11:30		AQUA FIT 11:30 - 12:30 Lane Swim	Public Swim 12:30-15:00		Primetime (50+) 15:00 - 16:00	Junior Swimming Lessons 16:30 - 18:30		Public Swim 16:00-18:30		SEVENOAKS SWIM CLUB 18:30-20:30		Evening Lane Swim 20:00-22:00		
SAT	Early Morning Lane Swim 07:00 - 08:30	Junior Swimming Lessons 09:00-11:30			Public Swim 08:30-11:30		INFLATABLE FUNTIME 11:30 - 12:30	Public Swim 12:30-17:00				BIRTHDAY PARTY & PRIVATE HIRE AVAILABLE FROM 17:00					
SUN	Early Morning Lane Swim 07:00 - 08:30	Public Swim 08:30-11:30			INFLATABLE FUNTIME 11:30 - 12:30	Public Swim 12:30-14:15		PARTY SLOT PLEASE CHECK OPENING TIMES AT RECEPTION	Public Swim 16:40-17:45		SEVENOAKS SWIM CLUB 18:00 - 20:00		Private Booking				

**BIRTHDAY PARTY HIRE:** The Main Pool & Teaching Pool may be closed on a Sunday afternoon between 14:15 - 16:40 for private birthday party hire, please contact Reception to confirm opening times or to book a party.

**PUBLIC SWIMMING:** An open swimming session for our customers to enjoy the water. Length lane available.

**LIFEGUARD TRAINING:** Lifeguard pool training is scheduled for a Wednesday evening and also a Saturday morning each month in one lane in the main pool.

**EARLY MORNING & EVENING SWIM:** Start the day or unwind at the end of the day with a refreshing dip in the pool. Three lanes available for all abilities.

**PRIMETIME (50+) SWIM:** Swimming exclusively for those aged 50+. Enjoy exercising and socialising in the pool.

**INFLATABLE FUNTIME:** Challenge yourself to conquer our giant pool inflatable. Children must be 8 years+ and able to swim 25 meters.

**AQUA AEROBICS:** A water based workout.

