

Stokewood Pool Timetable Term Time

Monday 4 September - Sunday 22 October & Monday 30 October - Sunday 17 December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Only (14+) 6.30am-9.00am	Adults Only (14+) 6.30am-9.00am	Adults Only (14+) 6.30am-8.30am	Adults Only (14+) 6.30am-9.00am	Adults Only (14+) 6.30am-8.30am	Swim Fit (Class) 8.00am-8.55am	Public Swimming 8.00am-3.25pm
Public Swimming 9.00am-10.15am	Swim Lanes (Half Pool) 9.00am-11.00am	Aqua Zumba (Half Pool) 10.05am-11.00am	Public Swimming 9.00am-10.00am	Public Swimming 10.05am-11.00am	Public Swimming 11.35am-3.25pm	Wet & Wacky 3.30pm-4.25pm
Aqua (Half Pool) 10.15am-11.00am	Deep Water Aqua (Half Pool) 10.05am-11.00am	Deep End Only Swimming 10.05am-11.00am	Public Swimming 12.00pm-1.25pm	Swim Lanes (Half Pool) 11.00am-12.00pm	Wet & Wacky 3.30pm-4.25pm	Public Swimming 4.30pm-6.30pm
Deep End Only Swimming 10.15am-11.00am	Aqua (Half Pool) 11.10am-11.55am	Swim Lanes Only 11.00am-12.00pm	Public Swimming 5.50pm-7.30pm	Deep Water Aqua (Half Pool) 11.00am-11.55am		Swim & Chill Public Swim (Adults Only) 6.30pm-8.00pm
Public Swimming 11.00am-3.40pm	Deep End Only Swimming 11.10am-11.55am	Public Swimming 12.00pm-1.25pm	Swim & Chill Public Swim (Adults Only) 8.30pm-10.00pm	Public Swimming 12.00pm-1.25pm		
Public Swimming 5.50pm-7.30pm	Public Swimming 12.00pm-1.25pm	Swim & Chill Public Swim (Adults Only) 2.35pm-3.40pm		Fit & Fifty Public Swim 2.35pm-3.40pm		
	Public Swimming 5.50pm-7.30pm	Public Swimming 5.50pm-7.30pm		Public Swimming 5.50pm-7.30pm		

Session types

- Adults only
- Public Swim
- Wet & Wacky
- Exercise Class