

OUTDOOR POOL

APRIL - SEPTEMBER

	6.30am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	10.30pm
MONDAY		EARLY MORNING SWIM		PUBLIC SWIMMING														CLOSED
TUESDAY		EARLY MORNING SWIM		PUBLIC SWIMMING														
WEDNESDAY		EARLY MORNING SWIM		PUBLIC SWIMMING														
THURSDAY		EARLY MORNING SWIM		PUBLIC SWIMMING													LADIES ONLY ¹	
FRIDAY		EARLY MORNING SWIM		PUBLIC SWIMMING														
SATURDAY		EARLY MORNING SWIM		PUBLIC SWIMMING										PUBLIC SWIMMING OR PRIVATE HIRE ²	AVAILABLE FOR PRIVATE HIRE			
SUNDAY		PUBLIC SWIMMING										PUBLIC SWIMMING OR PRIVATE HIRE ²	CLOSED					

The Outdoor Pool will remain open until 10pm during June, July and August

1. Ladies Only – 14 years and over

2. On the occasion of a private booking the Outdoor Pool may close at 6.30pm on Saturdays and Sundays. Please see the noticeboard in Reception for details

TEACHING POOL

	6.30am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	10.30pm
MONDAY		PUBLIC SWIMMING		COURSES			PUBLIC SWIM.	SCHOOLS		COURSES			PUBLIC SWIMMING				CLOSED	
TUESDAY		PUBLIC SWIMMING		COURSES		PARENT & TODDLER FUN SESSION		SCHOOLS		COURSES		PUBLIC SWIM.	TONBRIDGE SWIMMING CLUB					
WEDNESDAY		PUBLIC SWIMMING		SCHOOLS & COURSES			PUBLIC SWIM.	SCHOOLS & COURSES		COURSES			PUBLIC SWIMMING		ADULT COURSES			
THURSDAY		PUBLIC SWIMMING		PARENT & TODDLER FUN SESSION	SCHOOLS	PUBLIC SWIM.	SCHOOL	PUBLIC SWIM.	COURSES		PUBLIC SWIMMING		LADIES ONLY 14 YRS & OVER					
FRIDAY		PUBLIC SWIMMING		COURSES		PUBLIC SWIMMING		SCHOOLS & COURSES		COURSES			PUBLIC SWIMMING		TONBRIDGE SWIMMING CLUB			
SATURDAY		PUBLIC SWIM.	COURSES		MINI SPLASH		PUBLIC SWIMMING & ONE TO ONE LESSONS				PUBLIC SWIMMING OR PRIVATE HIRE			AVAILABLE FOR PRIVATE HIRE				
SUNDAY		PUBLIC SWIM.	COURSES		PUBLIC SWIMMING & ONE TO ONE LESSONS				PUBLIC SWIMMING OR PRIVATE HIRE				CLOSED					

One to one swimming lessons are undertaken during public swimming sessions and space may be reserved for this activity during these times.

On occasion of a private booking the teaching pool may close on Saturdays and Sundays at 4pm during October to May, 5pm during June and September and 6pm during July and August. Please see notice board at Reception for details

Mini Splash (7 years and under) runs from 10.45am to 11.45am, with the pool closing 15 minutes before and after the session for setting up. This session has a maximum bather load and cannot be booked in advance.

The swim programme will alter during the school holiday periods. Please see holiday programme for details

INDOOR FITNESS POOL

	6.30am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	10.30pm	
MONDAY	EARLY MORNING LANE SWIMMING		PRIME TIMERS 50+	PUBLIC SWIMMING												AQUA AERO.	ADULTS ONLY		
			WATER THERAPY*2	LANE SWIMMING	SCHOOLS	LANE SWIM.	COURSES	LANE SWIMMING*1											
TUESDAY	EARLY MORNING LANE SWIMMING		PUBLIC SWIMMING										TONBRIDGE SWIMMING CLUB		ADULTS ONLY*1				
			LANE SWIMMING			SCHOOLS		COURSES		LANE SWIM.									
WEDNESDAY	EARLY MORNING LANE SWIMMING		PUBLIC SWIMMING																
			LANE SWIM.	SCHOOLS	LANE SWIMMING	SCHOOLS	COURSES			LANE SWIMMING	ADULT COURSES*1								
THURSDAY	EARLY MORNING LANE SWIMMING		PRIME TIMERS 50+	PUBLIC SWIMMING										AQUA AERO.	LADIES ONLY 14 YRS & OVER				
				SCHOOLS	LANE SWIMMING	SCHOOLS	LANE SWIMMING	COURSES	LANE SWIM.										
FRIDAY	EARLY MORNING LANE SWIMMING		PUBLIC SWIMMING		AQUA AERO.	PUBLIC SWIMMING							TONBRIDGE SWIMMING CLUB						
			LANE SWIM.	WATER THERAPY*2		LANE SWIMMING	SCHOOLS	LANE SWIM.	COURSES			Tonbridge Swim Club							
SATURDAY		EARLY MORNING LANE SWIMMING	PUBLIC SWIM.		SPLASH AROUND*4		PUBLIC SWIMMING					PUBLIC SWIMMING OR PRIVATE HIRE*5		AVAILABLE FOR PRIVATE HIRE					
			COURSES*3																
SUNDAY		PUBLIC SWIM		PUBLIC SWIMMING							PUBLIC SWIMMING OR PRIVATE HIRE*5		CLOSED						
				Courses															

CLOSED

Lane swimming will only be guaranteed where specified on the programme.

Swim programme will alter during the school holiday periods. Please see holiday programme for details.

Please note that during term time schools may have up to 3 lanes in the Fitness Pool at any one time.

One to one swimming lessons are undertaken during public swimming sessions and a lane may be reserved for this activity during these times.

1. Includes **Swim Fit** Monday 7-8pm, Tuesdays & Wednesdays 9-10pm
2. This session is restricted to G.P. Referral customers only. A swim lane will be available for public use during this session.
3. A swim lane will be available 8.30-9am
4. Splasharound (4 years and over) runs from 10.45am to 11.45am with the pool closing 15 minutes before and after for setting up. This session has a maximum bather load and cannot be booked in advance
5. On the occasion of a private booking the Fitness Pool may close at 5.30pm on Saturdays and Sundays