

main pool aquatic programme

Saturday 5 July - Monday 18 August

ISLAND GAMES CLOSURE

WED 9 Jul - SAT 19 Jul

The Main pool, Leisure pool & Health Suite will not be available during this period



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	0730	0730	0730	0730	0730	0730
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1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
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1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200

AQUA AEROBICS

A fun 45-minute dance based fitness class suitable for all abilities.

WELLNESS SESSION

A slower paced session where swimming in a relaxed atmosphere helps both mind and body, excellent for mobility and rehabilitation. Adults only.

AQUA WALKING

The pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

CHILL OUT SESSION

This adult only session has darkened lighting and ambient music for a end of day de-stress.

DEEP WATER AEROBICS

A 45-minute exercise to music class in deep water using aqua dumbbells and noodles (shallow water optional).

PIRATE AQUARUN / WATERWALKERZ

See pickaquoy.co.uk/swim/pool-fun-sessions/ for latest session. Pirate AquaRun is for Deependers only

LANE SWIMMING

Sessions will have slow, medium & fast paced lanes available, minimum age is 11 yrs old, must be competent lane swimmer.

SKILLS & DRILLS

A class to improve your technique, introducing basic training structure to your swims to develop fitness and stamina.

FAMILY FUN SESSION

These sessions include a mix of stepping stones, mats, balls, fins & toys. Fun for the whole family! Main pool 1.0m

FAMILY SENSORY FRIENDLY

A session where the pool environment is adjusted to enhance the sensory experience of kids who may otherwise find it challenging.

*LEARN TO SWIM WEEKS

week commencing:

21.07.25 & 28.07.25

The pool depth may be shallower during these times

Health Suite (16+ yrs)

Mon & Fri: 1000 - 2030

Tue: 1000-2000

Wed: 1000 - 1500, 1530-2030

Thurs: 1000-2000 (LadiesOnly 2000-2100)

Sat: 1000 - 1700

Sun: 1000 - 1900

Family Session Everyday from 1000-1700, 8+ yrs minimum. Combined tickets for swim and health suite are available.



leisure pool aquatic programme

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1800	1800	1800	1800	1800	1800	1800
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2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200



BOOK A POOL PARTY!

Book a Main, Leisure or Whole Pool Party

Sundays • 1300 - 1400
Book online, two weeks
notice required.

Scan
Me!



www.pickaquoy.co.uk/children/birthday-parties

PARENTS & WEE ONES

A dedicated public session allowing parents with babies and toddlers to enjoy the Leisure Pool together with less disruption from older children.



WELLNESS SESSION

A slower paced session where swimming in a relaxed atmosphere helps both mind and body, excellent for mobility and rehabilitation. Adults only.

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