

main pool aquatic programme

Saturday 11 October - Tuesday 28 October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200
LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM AQUA AEROBICS LANE SWIMMING AQUA WALKING PUBLIC SWIMMING FAMILY FUN SESSION LANE SWIMMING PUBLIC SWIMMING ADULTS ONLY CLUB SESSION	LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM AQUA WALKING SKILLS/DRILLS LANE SWIMMING PUBLIC SWIMMING CLUB LANE SWIMMING	CLUB LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM AQUA WALKING LANE SWIMMING AQUA WALKING WELLNESS SESSION FAMILY FUN SESSION LANE SWIMMING AQUA NATAL DEEP WATER AEROBICS CHILL OUT SESSION	LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM LANE SWIMMING AQUA WALKING PUBLIC SWIMMING CLUB LANE SWIMMING LADIES ONLY	CLUB LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM WELLNESS SESSION LANE SWIMMING AQUA WALKING PUBLIC SWIMMING DIVE'N'SLIDE & FLOATS SKILLS/DRILLS LANE SWIMMING PUBLIC SWIMMING CLUB SESSION	LANE SWIMMING FLIPPERS & SNORKEL PUBLIC SWIMMING DEEP WATER AEROBICS FAMILY SENSORY FRIENDLY	LANE SWIMMING PUBLIC SWIMMING PRIVATE HIRE / PUBLIC PIRATE AQUARUN / FUN SESSION PUBLIC MASTERS SWIMMING PUBLIC SWIMMING

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

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 WEEK**
week commencing:
20.10.25

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.



[illegible]

Book a Main, Leisure or Whole Pool Party

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

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

Scan
Me!



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.

Programme Changes

To keep up to date with any programme changes, please visit the website at www.pickaquoy.co.uk/news/programme-changes-centre-wide/ or scan the QR code

