

main pool aquatic programme

Wednesday 29 October - Friday 19 December



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 PUBLIC SWIMMING AQUA AEROBICS LANE SWIMMING PUBLIC SWIMMING AQUA WALKING LANE SWIMMING PUBLIC SWIMMING AQUA WALKING SWIM CLASSES LANE SWIMMING 1:1 PUBLIC SWIMMING ADULT SWIM LESSONS CLUB SESSION	CLUB LANE SWIMMING PUBLIC SWIMMING AQUA WALKING SKILLS/DRILLS LANE SWIMMING SCHOOLS PUBLIC SWIMMING CLUB SESSION LANE SWIMMING	CLUB LANE SWIMMING PUBLIC SWIMMING AQUA WALKING WELLNESS SESSION SWIM CLASSES LANE SWIMMING AQUA NATAL PUBLIC DEEP WATER AEROBICS CHILL OUT SESSION	SCHOOLS PUBLIC SWIMMING LANE SWIMMING AQUA WALKING PUBLIC SWIMMING AQUA DEEP CLUB SESSION LADIES ONLY	CLUB LANE SWIMMING SCHOOLS PUBLIC SWIMMING WELLNESS SESSION LANE SWIMMING AQUA WALKING THE HUB SWIM CLASSES SKILLS/DRILLS LANE SWIMMING PUBLIC SWIMMING CLUB SESSION	SWIM CLASSES DEEP WATER AEROBICS PUBLIC FAMILY SENSOY FRIENDLY	LANE SWIMMING PUBLIC SWIMMING POOL PARTY / PRIVATE HIRE INFLATABLE / FUN SESSION PUBLIC MASTERS SWIMMING LANES* CLUB SESSION (02.11-30.11) *Lane Swimming 1730-1900 (7.12 & 14.12)

AQUA AEROBICS

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

AQUA NATAL

A fun form of pregnancy exercise led by the Balfour Hospital Maternity Ward (1740-1840)

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).

FAMILY SENSOY FRIENDLY

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

INFLATABLE / FUN SESSION

This session will be our Pirate Aquarun or a Fun Session session. Check programme changes on the website for updates.

LANE SWIMMING

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

MASTERS SWIMMING

Follow a set or take part at your own pace, min age 14+.

PUBLIC SWIMMING

A swimming session open to everyone.

AQUA DEEP

Deep water intervals with aqua belts for competent swimmers. Please arrive 5 mins early to fit belt.

THE HUB

Free session for secondary aged young people.

WELLNESS SESSION

Slower paced session that helps with recovery from illness or injury. Adults only.

Health Suite (16+ yrs)

Mon, Wed & Fri:

1000 - 1500, 1600 - 2030

Tue: 1000 - 2030

Thu: 1000-2000 (Ladies Only 2000-2100)

Sat: 1000 - 1300, 1400 - 1700

Sun: 1000 - 1300, 1400 - 1900

Family Session on Sat & Sun from 1000-1300 & 1400 - 1700. 8-15yrs must be accompanied by an adult

Combined tickets for swim and health

leisure pool aquatic programme

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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
0800	0800	0800	0800	0800	0800	0800
0830	0830	0830	0830	0830	0830	0830
0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
1230	1230	1230	1230	1230	1230	1230
1300	1300	1300	1300	1300	1300	1300
1330	1330	1330	1330	1330	1330	1330
1400	1400	1400	1400	1400	1400	1400
1430	1430	1430	1430	1430	1430	1430
1500	1500	1500	1500	1500	1500	1500
1530	1530	1530	1530	1530	1530	1530
1600	1600	1600	1600	1600	1600	1600
1630	1630	1630	1630	1630	1630	1630
1700	1700	1700	1700	1700	1700	1700
1730	1730	1730	1730	1730	1730	1730
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

BOOK A POOL PARTY!

Book a Main, Leisure or Whole Pool Party

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

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.

FAMILY SENSORY FRIENDLY

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

WELLNESS SESSION

Slower paced session that helps with recovery from illness or injury. **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



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