

## GENERAL SWIM TIMETABLE



MONDAY	
11.30am – 12.30pm	General Swim
TUESDAY	
7.30am - 9.00am *	Early Morning Swim
11.30am - 1.00pm	General Swim
7.00pm – 8.00pm	General Swim
8.00pm – 9.00pm	Relax & Swim
WEDNESDAY	
11.30am – 12.30pm	General Swim
7.00pm – 8.00pm	General Swim
8.00pm – 9.00pm	Relax & Swim
THURSDAY	
12.00pm - 1.00pm	General Swim
FRIDAY	
12.00pm - 3.00pm	General Swim
SUNDAY	
12.00pm - 3.00pm	General Swim

\* By prior arrangement only. Please let us know by midday Monday.

As of 1st February 2010

## EXERCISE TIMETABLE

MONDAY	
10.15am – 11.15am	Aqua Workout **
7.30pm – 8.30pm	Aqua Workout
WEDNESDAY	
10.30am – 11.30am	Aqua Workout **
FRIDAY	
11.00am – 12.00pm	Aqua Workout **

### \*\* Crèche Facilities Available

All classes will be suitable for all ages and fitness abilities



Please phone or email to book:  
**01621 893700**  
[info@forresterparkpool.co.uk](mailto:info@forresterparkpool.co.uk)

All times and classes are subject to review.  
Please check our website for the most up to date timetable

[forresterparkpool.co.uk](http://forresterparkpool.co.uk)

As of 1st February 2010

## SWIM SCHOOL TIMETABLE



MONDAY	
12.30pm – 2.30pm	Parent & Baby / Preschool / School Age
3.30pm – 6.00pm	After School
TUESDAY	
9.30am - 11.30am	Parent & Baby / Preschool / School / Toddler
3.30pm – 6.00pm	After School
WEDNESDAY	
9.30am - 10.30am	Parent & Baby / Preschool / Toddler
12.30pm - 2.30pm	Parent & Baby / Preschool / Toddler
4.00pm – 6.00pm	After School
THURSDAY	
9.30am - 11.30am	Parent & Baby / Preschool / Toddler
1.30pm - 3.00pm	Parent & Baby / Preschool / Toddler
4.00pm – 6.00pm	After School
FRIDAY	
9.00am – 10.00am	Adult Lessons
9.30am – 11.30am	Parent & Baby / Preschool / Toddler
4.00pm – 6.00pm	After School
SATURDAY	
8.30am – 1.00pm	Parent & Baby / Preschool / Toddler / School Age
SUNDAY	
9.00am – 11.30am	Preschool / Parent & Toddler / School Age

Swim School timetable is for illustrative purposes only and actual classes and times may vary. Please telephone or email to arrange lessons.

As of 1st February 2010