

GENERAL SWIM TIMETABLE



MONDAY	
11.30am – 12.30pm	General Swim
TUESDAY	
11.30am - 1.00pm	General Swim
WEDNESDAY	
11.30am – 12.30pm	General Swim
7.00pm – 8.00pm	General Swim
8.00pm – 9.00pm	Relax & Swim (Adults Only)
THURSDAY	
12.00pm - 1.00pm	General Swim
FRIDAY	
12.00pm - 2.30pm	General Swim
SATURDAY	
2.00pm - 4.00pm	General Swim
<small>NOT every Saturday—check with office or see website</small>	
SUNDAY	
12.00pm - 3.00pm	General Swim

As of 1st August 2011

EXERCISE TIMETABLE

MONDAY	
10.30am – 11.30am	Aqua Workout **
7.30pm – 8.30pm	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

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

forresterparkpool.co.uk

As of 1st August 2011

SWIM SCHOOL TIMETABLE



MONDAY	
9.00pm – 10.30pm	Parent & Baby / Preschool / School Age
3.45pm – 6.15pm	After School
TUESDAY	
9.30am - 11.30am	Parent & Baby / Preschool / School / Toddler
3.45pm – 6.15pm	After School
WEDNESDAY	
9.30am - 10.30am	Parent & Baby / Preschool / Toddler
12.30pm - 2.30pm	Parent & Baby / Preschool / Toddler
3.45pm – 6.15pm	After School
THURSDAY	
9.30am - 11.30am	Parent & Baby / Preschool / Toddler
1.30pm - 3.00pm	Parent & Baby / Preschool / Toddler
3.45pm – 6.15pm	After School
FRIDAY	
9.00am – 10.30am	Adult Lessons
9.30am – 11.30am	Parent & Baby / Preschool / Parent & Toddler
4.00pm – 6.15pm	After School
SATURDAY	
11.00am – 1.00pm	Parent & Baby / Preschool / Parent & 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 August 2011