

Main Pool Programme

Derbyshire school term-time

6.30 7.00 7.30 8.00 8.30 9.00 9.30 10.00 10.30 11.00 11.30 12.00 12.30 1.00 1.30 2.00 2.30 3.00 3.30 4.00 4.30 5.00 5.30 6.00 6.30 7.00 7.30 8.00 8.30 9.00 9.30 10.00 10.30

MONDAY	Long Eaton Swimming Club	Early Bird Casual	Schools	Casual	Schools	Adult Lessons (shallow end section) Over 50s (deep end)	Lessons	Casual	Adult Lessons (shallow end) Sub Aqua Club & Long Eaton Swimming Club (deep end)	Adult	
TUESDAY	Early Bird Casual	Schools	Casual	Over 50s	Lessons	Casual	Long Eaton Swimming Club (deep end)	Aqua Aerobics 8.40 - 9.30	Adult		
WEDNESDAY	Long Eaton Swimming Club	Early Bird Casual	Schools	Casual	Schools	Disabled Swim	Lessons	Casual	Long Eaton Swimming Club	Adult	
THURSDAY	Early Bird Casual	Schools	Private Booking	Casual	Aqua Aerobics	Disabled Swim	Aqua Natal	Lessons	Casual	Sea Scouts Aqua Aerobics 8.40 - 9.30 Staff Training	Adult
FRIDAY	Long Eaton Swimming Club	Early Bird Casual	Schools	Casual (deep end only from 1.30pm)	Aqua Aerobics	Disabled Swim	Aqua Natal	Lessons	Casual	Long Eaton Swimming Club	
SATURDAY	Early Bird Casual	Long Eaton Swimming Club	Lessons	Casual	Available for hire						
SUNDAY	Casual	Fun Splash Time	Casual	Long Eaton Swimming Club	Adult						

Teaching Pool Programme

MONDAY	Splash Tots 11.30am - 1.30pm	Lessons 3pm - 7pm	Splash Tots 7pm - 9pm	
TUESDAY	Splash Tots 12pm - 1.30pm	Aquababes 1.30pm - 3.30pm	Lessons 4pm - 6pm	Casual 6pm - 7.30pm
WEDNESDAY	Splash Tots 12pm - 2pm	Aquababes 2pm - 4pm	Lessons 4pm - 6pm	Casual 6pm - 7.30pm
THURSDAY	Splash Tots 12pm - 4pm	Lessons 4pm - 6pm	Casual 6pm - 7.30pm	
FRIDAY	Splash Tots 12pm - 2pm	Aquababes 2.30pm - 3.30pm	Lessons 3.30pm - 6pm	Casual 6pm - 7.30pm
SATURDAY	Lessons 9am - 1pm	Casual 1pm - 5pm		
SUNDAY	Casual 7.30am - 10am	Fun Splash Time 10am - 12 noon	Casual 12 noon - 5pm	

Derbyshire school holidays

6.30 7.00 7.30 8.00 8.30 9.00 9.30 10.00 10.30 11.00 11.30 12.00 12.30 1.00 1.30 2.00 2.30 3.00 3.30 4.00 4.30 5.00 5.30 6.00 6.30 7.00 7.30 8.00 8.30 9.00 9.30 10.00 10.30

MONDAY	Long Eaton Swimming Club	Early Bird Casual	Fun Splash Time	Casual	Adult Lessons (shallow end section) Over 50s (deep end)	Lessons	Casual	Adult Lessons (shallow end) Sub Aqua Club & Long Eaton Swimming Club (deep end)	Adult	
TUESDAY	Early Bird Casual	Exclusively for MACCA	Casual	Over 50s	Lessons	Casual	Long Eaton Swimming Club	Aqua Aerobics 8.40 - 9.30	Adult	
WEDNESDAY	Long Eaton Swimming Club	Early Bird Casual	Over 50s Disabled Swim	Fun Splash Time	Casual	Lessons	Casual	Long Eaton Swimming Club	Adult	
THURSDAY	Early Bird Casual	Fun Splash Time	Casual	Aqua Aerobics	Disabled Swim	Aqua Natal	Lessons	Casual	Sea Scouts Aqua Aerobics 8.40 - 9.30 Staff Training	Adult
FRIDAY	Long Eaton Swimming Club	Early Bird Casual	Fun Splash Time	Casual (deep end only from 1.30pm)	Aqua Aerobics	Disabled Swim	Aqua Natal	Lessons	Casual	Long Eaton Swimming Club
SATURDAY	Early Bird Casual	Long Eaton Swimming Club	Lessons	Casual	Available for hire					
SUNDAY	Casual	Fun Splash Time	Casual	Long Eaton Swimming Club	Adult					

MONDAY	Fun Splash Time 9.30am - 11.30am	Casual 11.30am - 3pm	Lessons 3pm - 7pm	Splash Tots 7pm - 9pm
TUESDAY	Exclusively for MACCA 9.30am-11.30am	Casual 11.30am - 3pm	Casuals 4pm - 6pm	Casual 6pm - 7.30pm
WEDNESDAY	Fun Splash Time 10am-11.30am	Casual 11.30am - 4pm	Lessons 4pm - 6pm	Casual 6pm - 7.30pm
THURSDAY	Fun Splash Time 9.30am-11.30am	Casual 11.30am - 4pm	Lessons 4pm - 6pm	Casual 6pm - 7.30pm
FRIDAY	Fun Splash Time 9.30am-11.30am	Casual 11.30am - 4pm	Lessons 4pm - 6pm	Casual 6pm - 7.30pm
SATURDAY	Lessons 9am-1pm	Casual 1pm - 5pm		
SUNDAY	Casual 7.30am - 10am	Fun Splash Time 10am-12pm	Casual 12pm - 5pm	

KEY Casual Swim Special Activities Swimming Lessons School & Club Sessions MACCA