

Main Pool Programme

Derbyshire school term-time

Teaching Pool Programme

	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/mid 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		Lessons		Casual		Sea Scouts		Aqua Aerobics 8.40-9.30 Staff Training		Adult															
Friday	Long Eaton Swimming Club		Casual		Schools			Casual		Aqua Aerobics 8.40-9.30 (deep end only from 1.30pm)		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	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 3pm - 7pm		Casual 6pm - 7.30pm	
Wednesday	Splash Tots 12pm - 1.30pm		Aquababes 2pm - 4pm		Lessons 3pm - 7pm		Casual 6pm - 7.30pm	
Thursday	Splash Tots 12pm - 4pm		Lessons 3pm - 7pm		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 - 12pm		Casual 12pm - 5pm			

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Monday	Long Eaton Swimming Club		Early Bird Casual		Fun Splash Time			Casual		Adult Lessons (shallow/mid section) Over 50s		Lessons		Casual		Adult Lessons (shallow end) Sub Aqua Club & Long Eaton Swimming Club		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		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 8.40-9.30		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		Lesson 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