

# Swimming Pool Timetable

EDGE HILL  
SPORT

May 6 – May 12

|                  | 7am-8am                               | 8am-9am | 9am-10am | 10am-11am | 11am-12pm | 12pm-1pm | 1pm-2pm | 2pm-3pm | 3pm-4pm | 4pm-5pm | 5pm-6pm | 6pm-7pm | 7pm-8pm | 8pm-9pm |
|------------------|---------------------------------------|---------|----------|-----------|-----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>Monday</b>    | <b>Pool Closed (May Bank Holiday)</b> |         |          |           |           |          |         |         |         |         |         |         |         |         |
| <b>Tuesday</b>   |                                       |         |          |           |           |          |         |         |         |         |         |         |         |         |
| <b>Wednesday</b> |                                       |         |          |           |           |          |         |         |         |         |         |         |         |         |
| <b>Thursday</b>  |                                       |         |          |           |           |          |         |         |         |         |         |         |         |         |
| <b>Friday</b>    |                                       |         |          |           |           |          |         |         |         |         |         |         |         |         |
| <b>Saturday</b>  |                                       |         |          |           |           |          |         |         |         |         |         |         |         |         |
| <b>Sunday</b>    |                                       |         |          |           |           |          |         |         |         |         |         |         |         |         |

**Children Swimming Lessons**

Swimming lessons are taught by Swim@Edge Hill. During Lessons times the pool is reduced to 2 Lanes and swim lane available to the right as you enter poolside. See our website for further information.

**Adult Swim for Events**

Twice weekly adult swimming for events. The instructor led session provides intermediate to advanced adults (it is recommended that you should be able to swim 400m comfortably) an opportunity to develop their swimming technique, stamina and fitness. Swimmers will be coached on technique and conditioning through a range of suitable drills and practices based on the Swim Smooth program. Bookings available online.

**Public Swim**

Open for all customers for casual swimming. Please refer to reception/website for children supervision ratio and prices

**Lane Swimming (Maximum 10 swimmers per lane)**

A lane is provided throughout public swimming sessions for lane swimming.

Advertised Lane swimming sessions are for adults and children if they can swim continuous lengths. (approx. 400m).



**Ad Hoc Bookings**

For one off bookings throughout the month for example monthly Lifeguard Training or one-off sessions.

**Pool Maintenance**

Pool closed 10-12pm for General maintenance to be undertaken.

**Active Edge**

Between 9-11am over 60's can purchase a swim session at a reduced rate. Please enquire at reception.