

Swimming Pool Timetable

Mar 18 – Mar 24

EDGE HILL
SPORT

	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
Monday														
Tuesday														
Wednesday														
Thursday														
Friday														
Saturday														
Sunday														

Children Swimming Lessons:

Swimming lessons are taught by Swim@EdgeHill. During lesson times the pool is reduced to 2 Lanes and the swim lane is available to the right as you enter poolside.

Active Edge:

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

Please enquire at reception

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 your 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.

Lane Swimming:

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).

Pool Maintenance:

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

Ad Hoc Bookings:

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