

# Swimming Pool Timetable

EDGE HILL  
SPORT

Mar 25 – Mar 31

	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>Tuesday</b>														
<b>Wednesday</b>														
<b>Thursday</b>														
<b>Friday</b>														
<b>Saturday</b>														
<b>Sunday</b>														

Pool Closed (Good Friday)

## 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.

