

MAIN POOL PROGRAMME

pto for Teaching & Toddler Pool opening times

	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday 19.12.11	EARLY MORNING LANE SWIM 06:30 - 09:30			PUBLIC SWIMMING 09:30 - 19:00										SEVENOAKS SWIM CLUB 19:00 - 21:00		EVENING LANE SWIM 21:00 - 22:00	
Tuesday 20.12.11	EARLY MORNING LANE SWIM 06:30 - 08:30		PRIMETIME (50+) SWIM 08:30 - 10:30		PUBLIC SWIMMING 10:30 - 20:00										7'OAKS TRI-CLUB 20:00 - 21:00	EVENING LANE SWIM 21:00 - 22:00	
Wednesday 21.12.11	EARLY MORNING LANE SWIM 06:30 - 09:30			PUBLIC SWIMMING 09:30 - 19:00										AQUA AEROBICS 19:00 - 20:00	SEVENOAKS MASTERS SWIM CLUB & WATER POLO CLUB 20:00 - 22:00		
Thursday 22.12.11	EARLY MORNING LANE SWIM 06:30 - 08:30		PRIMETIME (50+) SWIM 08:30 - 10:30		PUBLIC SWIMMING 10:30 - 17:45							SEVENOAKS SWIM CLUB 17:45 - 21:15			EVENING LANE SWIM 21:15 - 22:00		
Friday 23.12.11	EARLY MORNING LANE SWIM 06:30 - 09:30			PUBLIC SWIMMING 09:30 - 20:00										CLOSED			
Saturday 24.12.11	CLOSED ALL DAY																
Sunday 25.12.11	CLOSED ALL DAY																

Primetime (50+) Swim: A swimming opportunity exclusively for our 50+ swimmers who enjoy an opportunity to exercise and socialise in the swimming pool.

Public Swim: An open swimming session for our customers to enjoy the water, at least one lane will always be available for lane swimming.

Early Morning Lane Swim: Set yourself up for the day with a refreshing dip, 3 different lanes to suit all abilities.

Evening Lane Swim: Unwind at the end of the day with a relaxing swim, 3 different lanes to suit all abilities.

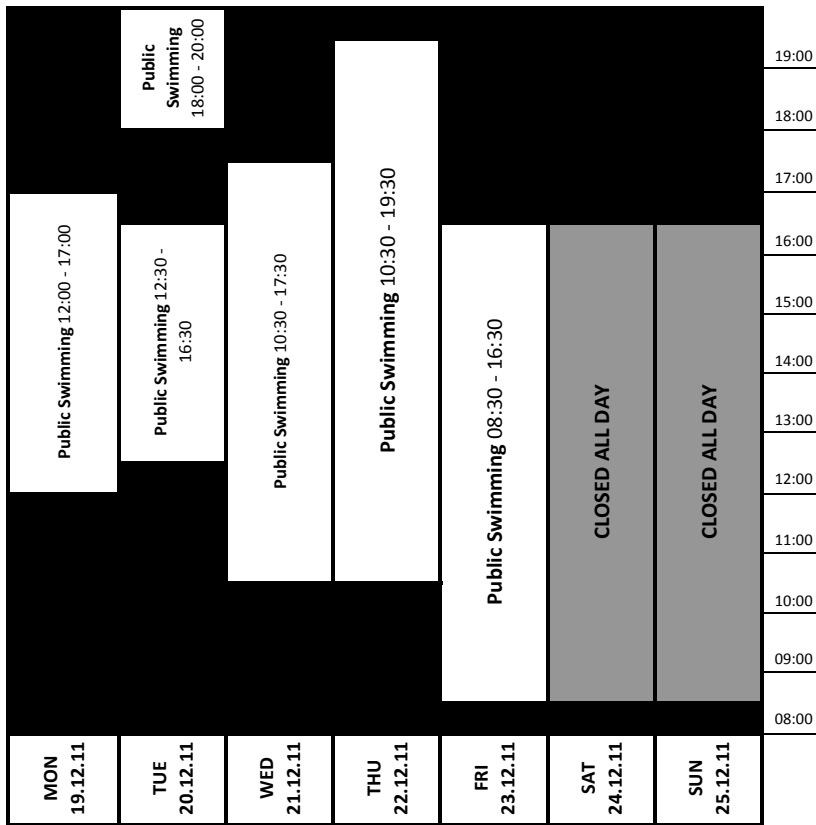
Swimming Lessons: Please enquire at Reception for details of our lesson programme.

Family Splash Down: A fun, energetic and enjoyable time in the pool with a selection of toys and floats to use.

Inflatable Fun Time: Challenge yourself to conquer our giant pool inflatable, for children 8 years+.

Aqua Aerobics: A water based workout to improve fitness whilst reducing stress on the joints.

TEACHING POOL OPENING TIMES



TODDLER POOL OPENING TIMES

A shallow beach effect pool ideal for toddlers.

Tuesday 20th December: 09:30 - 14:00

Wednesday 21st December - Friday 23rd December: 09:30 - 11:30

CHRISTMAS 2011

19th - 25th December

Sencio Community Leisure reserves the right to alter the programme or cancel activities

Under 8's Swimming Admission Policy:

During public swimming sessions children under the age of 8 must be accompanied into the water by a responsible adult. Where children are under 8 years of age the ratio must be one adult to three children. If two children are 4 years or younger then the ratio must be one adult to two children.

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Monday 26.12.11	CLOSED ALL DAY																
Tuesday 27.12.11	EARLY MORNING LANE SWIM 06:30 - 08:30		PRIMETIME (50+) SWIM 08:30 - 10:30			PUBLIC SWIMMING 10:30 - 16:30						CLOSED					
Wednesday 28.12.11	EARLY MORNING LANE SWIM 06:30 - 09:30			PUBLIC SWIMMING 09:30 - 16:30									CLOSED				
Thursday 29.12.11	EARLY MORNING LANE SWIM 06:30 - 08:30		PRIMETIME (50+) SWIM 08:30 - 10:30			PUBLIC SWIMMING 10:30 - 16:30						CLOSED					
Friday 30.12.11	EARLY MORNING LANE SWIM 06:30 - 09:30			PUBLIC SWIMMING 09:30 - 16:30									CLOSED				
Saturday 31.12.11	EARLY MORNING LANE SWIM 06:30 - 09:30			PUBLIC SWIMMING 09:30 - 16:30									CLOSED				
Sunday 01.01.12	CLOSED ALL DAY																

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TEACHING POOL OPENING TIMES

							19:00	
							18:00	
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							16:00	
							15:00	
							14:00	
							13:00	
							12:00	
							11:00	
							10:00	
							09:00	
							08:00	
MON 26.12.11	CLOSED ALL DAY							
TUE 27.12.11	PUBLIC SWIMMING 08:30 - 16:30							
WED 28.12.11	PUBLIC SWIMMING 08:30 - 16:30							
THU 29.12.11	PUBLIC SWIMMING 08:30 - 16:30							
FRI 30.12.11	PUBLIC SWIMMING 08:30 - 16:30							
SAT 31.12.11	PUBLIC SWIMMING 08:30 - 16:30							
SUN 01.01.12	CLOSED ALL DAY							

TODDLER POOL OPENING TIMES

A shallow beach effect pool ideal for toddlers.

27th, 28th, 29th, 30th, 31st Dec: 09:30 - 11:30

1st Jan: closed all day

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CHRISTMAS & NEW YEAR 2011/12

26th December - 1st January

Under 8's Swimming Admission Policy: During public swimming sessions children under the age of 8 must be accompanied into the water by a responsible adult. Where children are under 8 years of age the ratio must be one adult to three children. If two children are 4 years or younger then the ratio must be one adult to two children.