

Swim Timetable – School Term Time

	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
Mon		Lane Swim	Swim School	Lane Swim * Aqua Aerobics 9.30-10.15 10.15-11.00 *	iCanSwim (Disabled Swim)	Casual Swim ●	Parent & Toddler Casual ● ▼	Swim School	Casual Swim ⌘ ≈	Casual Swim	Lifeguard Training						
Tue	⚡	Lane Swim	Lane Swim / Aqua !	Schools	Casual Swim ●	Adult Lane Swim *	Swim School	Casual Swim	Lane Swim / Aqua Aerobics *	Adult Lane Swim *							
Wed		Lane Swim	Swim School	Parent & Toddler Casual ● ▼	Lane Swim * Aqua Aerobics 10.45-11:30 *	Casual Swim ●	Adult Lane Swim *	Casual Swim ⌘ ≈	Sudbury Swim Club	Adult Lane Swim *	Sudbury Scuba Club						
Thu	⚡	Lane Swim	Schools	Casual Swim ●	Adult Lane Swim * ●	Swim School	Casual Swim ⌘ ≈	Sudbury Swim Club									
Fri		Lane Swim	Swim School	Schools	Casual Swim ●	Swim School	Casual Swim ▼ ●	Swim School	Casual Swim ●	Sudbury Swim Club							
Sat		Lane Swim	Swim School	Wet 'n' Wild ⌘ ≈ ● †	Casual Swim ●	Party Hire	Tri-Club Sudbury										
Sun		Sudbury Swim Club	Casual Swim	Party Hire	Family Funtime ⌘ ≈ ●	Casual Swim ●	Sudbury Swim Club	Avocet Swim Club	Sudbury Lifesaving Club								

Please view centre rules & swimming information on our website. All children under 8 must be supervised by a parent or adult (16yrs +) in the pool or centre at any one time. Ratio 2:1

There will be two lanes available during the Public Lane Swim's and one during the Casual, Aqua / Swim, Ladies Only and Adult Lane Swim

- ▼ Toddler flume only
- Rafts used during these sessions
- ⌘ ≈ The Wave Machine will be in operation
- ⌘ ≈ † Inflatables & rafts used during these sessions
- Quiet Session
- ! Aqua Class 09:00-9.45am starts 14th November
- ⌘ ≈ † † Bathers may continue into next session
- ⚡ Sudbury storms will be training in one lane
- * Adults only (16yrs +)

Swim Timetable – School Holiday 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
Mon		Lane Swim	Swim School	Lane Swim * Aqua Aerobics 9.30-10.15 *	Casual Swim	Casual Swim		Casual Swim		Wet 'n' Wild		Swim School		Casual Swim			Lifeguard Training
Tue		Lane Swim	Lane Swim / Aqua !	Casual Swim	Casual Swim			Casual Swim		Wet 'n' Wild		Swim School		Casual Swim	Lane Swim/ Aqua Aerobics *	Adult Lane Swim *	
Wed		Lane Swim	Swim School	Lane Swim * Aqua Aerobics 9.45-10:30 *	Casual Swim	Casual Swim		Casual Swim		Wet 'n' Wild		Casual Swim		Sudbury Swim Club		Adult Lane Swim *	Sudbury Scuba Club
Thu		Lane Swim	Lane Swim	Casual Swim	Casual Swim			Casual Swim		Wet 'n' Wild		Swim School		Casual Swim		Sudbury Swim Club	
Fri		Lane Swim	Swim School	Parent & Toddler Casual	Casual Swim	Casual Swim		Casual Swim		Wet 'n' Wild		Swim School		Casual Swim		Sudbury Swim Club	
Sat		Lane Swim	Swim School	Swim School	Swim School			Wet 'n' Wild				Casual Swim	Party Hire	Tri-Club Sudbury			
Sun		Sudbury Swim Club	Casual Swim	Party Hire	Party Hire			Family Funtime				Casual Swim	Sudbury Swim Club	Avocet Swim Club	Sudbury Lifesaving Club		
Bank Holidays								Family Funtime									