

# 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 09.30-11.00 *	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 ⌊ ≈ ⚡		Party Hire	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

⌊ Toddler and Main Flume in Operation

⋮ Bathers may continue into next session

\* Adults only (16yrs +)

● Rafts used during these sessions

⊕ Inflatable & rafts used during these sessions

⚡ Sudbury storms will be training in one lane

⌊ ≈ The Wave Machine will be in operation

● Quiet Session

# 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
<b>Mon</b>		Lane Swim	Swim School	Lane Swim * Aqua Aerobics 09.30-11.00 *	Casual Swim	Casual Swim		Casual Swim	Wet 'n' Wild		Swim School		Casual Swim			Lifeguard Training	
<b>Tue</b>	⚡	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 *			
<b>Wed</b>		Lane Swim	Swim School	Lane Swim * Aqua Aerobics 09.45-10.30 *	Casual Swim		Casual Swim	Wet 'n' Wild		Casual Swim		Sudbury Swim Club	Adult Lane Swim *	Sudbury Scuba Club			
<b>Thu</b>	⚡	Lane Swim	iCanSwim (Disabled Swim)	Casual Swim		Casual Swim	Wet 'n' Wild		Swim School		Casual Swim	Sudbury Swim Club					
<b>Fri</b>		Lane Swim	Swim School	Parent & Toddler Casual	Casual Swim		Casual Swim	Wet 'n' Wild		Swim School		Casual Swim	Sudbury Swim Club				
<b>Sat</b>		Lane Swim	Swim School				Wet 'n' Wild		Party Hire	Party Hire	Tri-Club Sudbury						
<b>Sun</b>		Sudbury Swim Club	Casual Swim	Party Hire			Family Funtime		Casual Swim	Sudbury Swim Club	Avocet Swim Club	Sudbury Lifesaving Club					
<b>Bank Holidays</b>							Family Funtime										

