

# 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	22:30
Mon	Lane Swim			Swim Academy	Lane Swim Aqua Fit 09:30 ★	Aqua Zumba 10:15 ★	Casual Swim	Casual Swim		Wet 'n' Wild		Swim Academy		Casual Swim			Lifeguard Training	
Tue	⚡	Lane Swim		Lane Swim Aqua Fit 09:00		Casual Swim		Casual Swim		Wet 'n' Wild		Swim Academy		Casual Swim	Lane Swim Aqua Fit 20:00 ★	Adult Lane Swim ★		
Wed	Lane Swim			Swim Academy	Lane Swim Aqua Fit 09:45 ★		Casual Swim	Casual Swim		Wet 'n' Wild		Casual Swim		Sudbury Swim Club		Adult Lane Swim ★	Sudbury Scuba Club	
Thu	⚡	Lane Swim			iCanSwim (Disabled Swim)		Casual Swim	Casual Swim		Wet 'n' Wild		Swim Academy		Casual Swim		Sudbury Swim Club		
Fri	Lane Swim			Swim Academy	Parent & Toddler Casual		Casual Swim	Casual Swim		Wet 'n' Wild		Swim Academy		Casual Swim		Sudbury Swim Club		
Sat	Lane Swim			Swim Academy				Casual Swim		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			
Bank Holidays					Family Funtime													

Key ★ Adults only (16yrs +) ⚡ Big Splash Session ▲ Toddler Flume Only ⚡ Sudbury storms will be training in one lane ⚡ Toddler and Main Flume in Operation | Bathers may continue into next session

■ Rafts used during these sessions † Rafts used during these sessions ≈ The Wave Machine will be in operation ■ Free Swimming for Under 16s living in Babergh. Registration required prior to visit [www.sleisure.co.uk](http://www.sleisure.co.uk)

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

We reserve the right to amend our timetable without prior notice for one to one swimming lessons and lifeguard competency assessments.