

Retford Pool Timetable

UPDATED SEPTEMBER 2020

Please contact reception for details of our non-term timetable

		7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	MAIN		Aquacise 08.00 - 8.45		School Swimming 09.00 - 11.30		Lane Swim 11.30 - 12.30	Lane Swim 12.30 - 13.30	School Swimming 13.30 - 15.00		Swim Academy 16-16.30	Bassetlaw Swim Squad** 16.30 - 19.00		Lane Swim 19.00 - 20.00	Lane Swim 20.00 - 21.00	Adult Lessons 21.00 - 22.00	
	SMALL				School Swimming 09.00 - 11.30		Swim Academy 11.30 - 13.30		School Swimming 13.30 - 15.00		Swim Academy 16.00 - 19.00						
TUE	MAIN	Lane Swim 07.00 - 08.00	Lane Swim 08.00 - 09.00		School Swimming 09.00 - 11.30		Adult Lessons 11.30 - 12.30	Lane Swim 12.30 - 13.30	School Swimming 13.30 - 15.00		Swim Academy 16.00 - 18.15			Lane Swim 18.30 - 19.30	Lane Swim 19.30 - 20.30	Lane Swim 20.30 - 21.30	
	SMALL				Swim Academy 9.30-13.30				School Swimming 13.30 - 15.00		Swim Academy 16.15 - 19.15						
WED	MAIN	Lane Swim 07.00 - 08.00	Lane Swim 08.00 - 09.00		School Swimming 09.00 - 11.30		Lane Swim 11.30 - 12.30	Lane Swim 12.30 - 13.30	School Swimming 13.30 - 15.00		Swim Academy 16.00 - 18.00	Retford Swimming Club 18.00 - 21.00			Staff training 21.00 - 22.00		
	SMALL				School Swimming 09.00 - 11.30		Swim Academy 11.30 - 13.30		School Swimming 13.30 - 15.00		Swim Academy 16.15 - 19.00						
THUR	MAIN	Lane Swim 07.00 - 08.00	Lane Swim 08.00 - 09.00		School Swimming 09.00 - 11.30		Aquacise 11.45 - 12.30	Lane Swim 12.30 - 13.30	School Swimming 13.30 - 15.00		Swim Academy 16-16.30	Bassetlaw Swim Squad 16.30 - 19.00		Lane Swim 19.00 - 20.00	Lane Swim 20.00 - 21.00	Lane Swim 21.00 - 22.00	
	SMALL				School Swimming 09.00 - 11.30		Swim Academy 11.30 - 13.30		School Swimming 13.30 - 15.00		Swim Academy 16.00 - 19.00						
FRI	MAIN	Lane Swim 07.00 - 08.00	Lane Swim 08.00 - 09.00		School Swimming 09.00 - 11.30		Lane Swim 11.30 - 12.30	Lane Swim 12.30 - 13.30	School Swimming 13.30 - 15.00		Swim Academy 16.00 - 19.00			Lane Swim 19.00 - 20.00	Retford Swim Club 20.00 - 21.00		
	SMALL				School Swimming 09.00 - 11.30		Swim Academy 11.30 - 13.30		School Swimming 13.30 - 15.00		Swim Academy 15.15 - 19.15						
SAT	MAIN	Retford Swimming Club 07.30 - 09.00		Retford Lifesaving Club 09.00 - 10.30	Swim Academy 10.30-14.00				Family Swim 14.00 - 15.00	Lane Swim 15.00 - 16.00	Lane Swim 16.00 - 17.00			Private Hire 18.00 - 21.00			
	SMALL		Swim Academy 08.15-13.45						Family Swim 14.00 - 15.00	Swim Academy 15.00 - 18.00			Private Hire 18.00 - 21.00				
SUN	MAIN		Lane Swim 08.00 - 09.00	Lane Swim 09.00-10.00	Lane Swim 10.00 - 11.00	Family Swim 11.00 - 12.00	Private Hire 12.00 - 14.00		Family Swim 14.00 - 15.00	Lane Swim 15.00 - 16.00	BSS** 16.00 - 17.00	SwimFit 17.00 - 18.00	Retford Swimming Club 18.00 - 20.00				
	SMALL		Swim Academy 08.00 - 11.00			Family Swim 11.00 - 12.00	Private Hire 12.00 - 14.00		Family Swim 14.00 - 15.00	Swim Academy 15.00 - 19.00							

All session must be booked in advance. Family swims to be booked in suite and over the phone only. All session will be run at reduced capacity with strict control measures in place. Lane swimming will be made up of double lanes, a minimum swimming standard of 400m to attend lane swimming. Ensure social distancing is maintain when static. Several lockers will be available however we would like you to arrive swim ready and get changed quickly after your swim to reduce time in the changing rooms. There is no scientific evidence Covid-19 can survive is chlorine water, our pools are regularly laboratory tested and are run in line with the Government Covid Guidance.

Pool Admissions

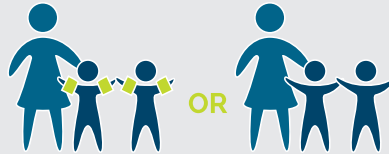
UNDER 4 YEARS:

One adult can accompany one child with no buoyancy aids or, One adult can accompany two children with both wearing buoyancy aids



4-7 YEARS OLD:

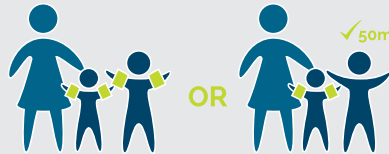
One adult can accompany two children with or without buoyancy aids



MIXED AGES

(UNDER 4'S AND 4-7 YEAR OLDS):

One adult can accompany two children if both are wearing buoyancy aids or the eldest child can swim 50m (confirmed by parent)




Are you a **FITNESS FLEX** regular swimmer?

You could save money by signing up to a membership at fitnessflex.org.uk

Swimming Lessons are available

from 4 months of age up-to Adults



For more information about swim timetables at our other sites please ask at reception or visit bpl.org.uk  **Barnsley Premier Leisure**

Retford Leisure Centre Tel: **01777 706500**

Old Hall Drive, Retford, Notts DN22 7EA



RETTFORD

Leisure Centre



TEMPORARY AQUATICS PROGRAMME