

Worksop Pool Timetable

UPDATED SEPTEMBER 2020

Please contact reception for details of our non-term timetable

Changing Facilities: A wide range of changing rooms are available – including dedicated male, female, disabled, family and team facilities. All clothing and personal belongings must be stored in the personal lockers provided, which require a returnable £1.00 coin.

		6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	MAIN		Lane Swim 7am - 8:30am		School Swimming 9am - 11:30am		Lane Swim 11:30am - 1pm		School Swimming 1:30pm - 3pm		Lane Swim 3pm - 4pm	Swim Academy 3:45pm - 6pm	Link Squad 6pm - 7pm	Lane Swim 7pm - 8:45pm		Swim Academy 9pm - 10pm		
	SMALL						Swim Academy 11:30am - 1:30pm					Swim Academy 3:30pm - 7:00pm						
TUE	MAIN	Triathlon Club 5:45am - 7am	Lane Swim 7am - 8:30am		School Swimming 9am - 11:30am		Aqua Fit 11:30am-12:15pm	Lane Swim 12:15pm - 1:30pm		School Swimming 1:30pm - 3pm			BSS 4:30pm - 7pm		Lane Swim 7pm - 8pm	Lane Swim 8pm - 9pm		
	SMALL				Swim Academy 8:30am - 11:30am			P&C Swim 12:15pm - 1:30pm				Swim Academy 3:30pm - 7pm						
WED	MAIN		Lane Swim 7am - 8:30am		School Swimming 9am - 11:30am		Lane Swim 11:45am - 1:30pm		School Swimming 1:30pm - 3pm			Swim Academy 3:45pm - 6:15pm		Workshop Dolphins 6:15pm - 9:15pm				
	SMALL						Swim Academy 10:30am - 1:30pm					Swim Academy 3:30pm - 7pm						
THUR	MAIN	Triathlon Club 6am - 7am	Lane Swim 7am - 8:30am		School Swimming 9am - 11:30am		Aqua Fit 11:30am-12:15pm	Lane Swim 12:15pm - 1:30pm		School Swimming 1:30pm - 3pm		Swim Academy 3:15pm - 6pm		Aqua Fit 6:45-7:30pm	Lane Swim 7:45pm - 9pm			
	SMALL				Swim Academy 9am - 12pm			P&C Swim 12:15pm - 1:30pm				Swim Academy 4pm - 7:30pm						
FRI	MAIN		Lane Swim 7am - 8:30am		School Swimming 9:00am - 11:30am		Aqua Fit 11:45 - 12:30pm	Lane Swim 12:30pm - 1:30pm		School Swimming 1:30pm - 3pm		Lane Swim 3:30pm - 4:30pm			Workshop Dolphins 6:30pm - 8pm	Swim Fit 8pm - 9pm		
	SMALL							P&C Swim 12:15pm - 1:30pm				Swim Academy 3:30pm - 7pm						
SAT	MAIN			Tri Club 8:15am - 9:45am		Swim Academy 9:45am - 12:15pm			Lane Swim 1pm - 2:15pm		Family Swim 2:30pm - 4pm							
	SMALL					Swim Academy 8:15am - 1:30pm												
SUN	MAIN				Family Swim 9am - 10am	Family Swim 10am - 11am	Lane Swim 11am - 12pm	Lane Swim 12pm - 1pm	Family Swim 1:15pm - 2:45pm			Swim Academy 3:15pm - 5:45pm		Workshop Dolphins Swimming Club 6pm - 9pm				
	SMALL				Family Swim 10am - 11am	Family Swim 11am - 12pm			Family Swim 1:15pm - 2:45pm			Swim Academy 3:30pm - 6:30pm						

* Disney Swim – 45 minute activity session inspired by Disney. Booking advised, see reception for details.

Pool Admissions

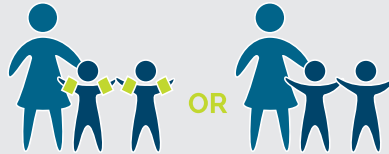
UNDER 4 YEARS:

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:

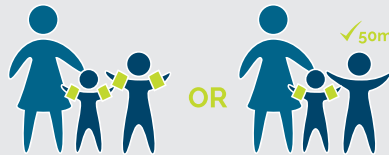
One adult can accompany two children with or without buoyancy aids



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**

Worksop Leisure Centre Tel: 01909 473937

Valley Rd, Worksop, Nottinghamshire S81 7EN



WORKSOP

Leisure Centre



AQUATICS PROGRAMME