



Newton-Le-Willows Health & Fitness Term Time Pool Timetable

<u>Day</u>	<u>Time</u>	<u>Pool Activity</u>
Monday	6.30am to 9.30am	Casual Swimming
	9.30am to 11.30am	Education Swimming
	11.30am to 1.00pm	Casual
	1.00pm to 3.00pm	Education Swimming
	3.00pm to 7.30pm	Casual Swimming Shared pool with Swimskool 4.00pm – 7.30pm
	7.30pm to 9.00pm	Newton Swimming Club
	9.00pm to 10.00pm	Area Closed – Staff Training
Tuesday	6.30am to 9.30am	Casual Swimming
	9.30am to 11.30am	Education Swimming
	11.30am – 12:00pm	Adult & Toddler Swimming
	12.00pm to 1.00pm	Casual Swimming
	1.00pm to 3.00pm	Education Swimming
	3.00pm to 8.00pm	Casual Swimming Shared pool with Swimskool 4.00pm – 7.30pm
	8.00pm to 9.00pm	Triathlon Club
	9.00pm to 10.00pm	Adult Only Swim
Wednesday	6.30am to 9.30am	Casual Swimming
	9.30am to 12.00pm	Education Swimming
	12.00pm to 1.00pm	Casual Swimming
	1.00pm to 3.00pm	Education Swimming
	3.00pm to 8.00pm	Casual Swimming Shared pool with Swimskool 4.00pm – 8.00pm
	8.00pm to 9.00pm	Ashton Swimming Club
	9.00pm to 10.00pm	Adult Only Swim
Thursday	6.30am to 9.30am	Casual
	9.30am to 11.30am	Education Swimming
	11.30am – 12:00pm	Adult & Toddler Swimming
	12.00pm to 1.00pm	Casual Swimming
	1.00pm to 3.00pm	Education Swimming
	3.00pm to 8.00pm	Casual Swimming Shared pool with Swimskool 4.00pm – 7.30pm
	8.00pm to 9.00pm	Aquarobics
	9.00pm to 10.00pm	Adult Only Swim

Friday	6.30am to 9.00am	Casual Swimming
	9.00am to 12.00pm	Education Swimming
	12.00pm to 1.00pm	Casual Swimming
	1.00pm to 3.00pm	Education Swimming
	3.00pm – 4.00pm	Area Closed – Staff Training
	4.00pm to 6.30pm	Casual Swimming Shared pool with Swimskool 4.00pm - 6.30pm
	6.30pm to 8.30pm	Ashton Swimming Club
	8.30pm to 9.30pm	Newton Swimming Club
Saturday	9.00am to 10.30am	Triathlon Club / Swimskool
	10.30am to 3.00pm	Casual Swimming Shared pool with Swimskool 10.30am – 3.00pm
	3.00pm to 5.00pm	St. Helens Swimming Club
Sunday	9.00am to 9.30am 9.30am to 10.00am	Adult only Swimming Shared Pool with Adult Swim Clinic 9.00am – 9.30am CWAN Swim Clinic 9.30am – 10.00am
	10.00am to 11.00am	Casual Swimming Shared pool with Swimskool 10.00am – 11.00am
	11.00am to 12.00pm	Family Fun Session
	12.00pm to 3.00pm	Casual Swimming Shared pool with Swimskool 12.00pm – 3.00pm
	3.00pm to 5.00pm	Ashton Swimming Club

Swimming Ratios:

- Children 0 to under 4 years = 1 adult to 1 child
- Children 4 to 8 years = 1 adult to 2 children
- Over 8 years = No Adult required
- ** An adult is deemed someone 16 years and over **

If you require a lane during busy periods, please ask a member of staff

**Newton-le-Willows Health & Fitness. Ashton Road, Newton-le-Willows, St Helens.
Telephone number: 01744 677970**