



Newton-Le-Willows Health & Fitness

Holiday Pool Timetable

22nd July – 5th August 2024

| <u>Day</u> | <u>Time</u> | <u>Pool Activity</u> |
|------------|-------------------|---|
| Monday | 6.30am to 9.30am | Adult Only Swimming |
| | 9.30am to 7.30pm | Casual Swimming Shared pool with Learn to Swim 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 | Adult Only Swimming |
| | 9.30am to 8.00pm | Casual Swimming Shared pool with Learn to Swim 4.00pm – 7.30pm |
| | 8.00pm to 9.00pm | Triathlon Club |
| | 9.00pm to 10.00pm | Adult Only Lane Swimming |
| | | |
| Wednesday | 6.30am to 9.30am | Adult Only Swimming |
| | 9.30am - 8.00pm | Casual Swimming Shared Pool with Learn to Swim 4.00pm - 8.00pm |
| | 8.00pm to 9.00pm | Ashton Swimming Club |
| | 9.00pm to 10.00pm | Adult Only Swimming |
| | | |
| Thursday | 6.30am to 9.30am | Adult Only Swimming |
| | 9.30am - 8.00pm | Casual Swimming Shared Pool with Learn to Swim 4.00pm - 7.30pm |
| | 8.00pm to 9.00pm | Aqua Fit |
| | 9.00pm to 10.00pm | Adult Only Swimming |
| | | |
| Friday | 6.30am to 9.30am | Adult Swimming |
| | 9.30am to 3.00pm | Casual Swimming |
| | 3.00pm - 4.00pm | Area Closed – Staff Training |
| | 4.00pm - 6.30pm | Casual Swimming Shared pool with Learn to Swim 4.00pm - 6.30pm |
| | 6.30pm to 8.30pm | Ashton Swimming Club |
| | 8.30pm to 9.30pm | Newton SC |



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| Saturday | 9.00am to 10.30am | Triathlon Club / Learn to Swim |
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| | 10.30am to 3.00pm | Casual Swimming Shared pool with Learn to Swim 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 Learn to Swim 10.00am – 11.00am |
| | 11.00am to 12.00pm | Family Fun Session |
| | 12.00pm to 3.00pm | Casual Swimming Shared pool with Learn to Swim 12.00pm – 3.00pm |
| | 3.00pm to 5.00pm | Ashton Swimming Club |

Swimming Ratio

- 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.