

# Pool Programme

## Fenton Manor Sports Complex

Accurate as of 03/05/2024

Times for Thursday 25 July			
Time	Session	Facility	Type
7:00 am - 10:00 am	Early Birds	Main Pool	General Swimming
10:15 am - 11:45 am	Aquatots 0-7	Small Pool	Children's Swimming
10:15 am - 11:45 am	Fun Session	Main Pool	Children's Swimming
12:00 pm - 1:15 pm	Fitness Swim 16+	Main Pool	Swimming
12:00 pm - 3:45 pm	Leisure Swim	Small Pool	General Swimming
12:15 pm - 1:00 pm	Aquazumba 16+	Variable Depth Pool	Aqua Exercise
1:25 pm - 8:00 pm	Leisure Swim	Main Pool	General Swimming
4:00 pm - 8:30 pm	Swimming Lessons	Variable Depth Pool	Swimming Lessons
4:00 pm - 10:00 pm	Swimming Lessons	Small Pool	Swimming Lessons
8:10 pm - 9:45 pm	Adults Only 16+	Main Pool	General Swimming