

Pool Programme

Fenton Manor Sports Complex

Accurate as of 10/04/2024

Times for Friday 26 July

Time	Session	Facility	Type
7:00 am - 10:00 am	Early Birds	Main Pool	General Swimming
10:00 am - 11:45 am	Leisure Swim	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 - 1:00 pm	Fitness Swim 16+	Main Pool	Swimming
12:00 pm - 1:15 pm	Fitness Swim	Main Pool	Fitness Swimming
12:00 pm - 3:45 pm	Leisure Swim	Small Pool	General Swimming
1:00 pm - 4:00 pm	Leisure Swim	Small Pool	General Swimming
1:15 pm - 4:00 pm	Leisure Swim	Main Pool	General Swimming
1:25 pm - 4:20 pm	Leisure Swim	Main Pool	General Swimming
4:00 pm - 10:00 pm	Swimming Lessons	Small Pool	Swimming Lessons
4:30 pm - 6:45 pm	COSACSS Club Night	Variable Depth Pool	Club Swimming
4:30 pm - 8:00 pm	COSACSS Club Night	Main Pool	Club Swimming
6:45 pm - 7:30 pm	Aquarobics 16+	Variable Depth Pool	Aqua Exercise
7:30 pm - 8:00 pm	COSACSS Club Night	Variable Depth Pool	Club Swimming
8:10 pm - 9:45 pm	Adults Only 16+	Main Pool	General Swimming