

Pool Programme

Fenton Manor Sports Complex

Accurate as of 27/04/2024

| 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 |