

# Pool Programme

## Fenton Manor Sports Complex

Accurate as of 18/05/2024

### Times for Monday 22 April



Time	Session	Facility	Type
7:00 am - 8:50 am	Early Birds	Main Pool	General Swimming
9:15 am - 12:00 pm	Leisure Swim	Main Pool	General Swimming
12:10 pm - 1:10 pm	Fitness Swim	Main Pool	Fitness Swimming
12:15 pm - 1:00 pm	Aqua Fit	Variable Depth Pool	Aqua Exercise
1:30 pm - 4:15 pm	Leisure Swim	Main Pool	General Swimming
3:15 pm - 4:00 pm	Aquatots 0-7	Small Pool	Children's Swimming
4:30 pm - 7:00 pm	Fitness Swim	Main Pool	Fitness Swimming
7:30 pm - 8:15 pm	Aqua Fit	Main Pool	Aqua Exercise
8:15 pm - 9:00 pm	Aqua Fit	Variable Depth Pool	Aqua Exercise
8:15 pm - 9:15 pm	Adults Only 16+	Main Pool	General Swimming