

# Pool sessions this week

## Rugeley Leisure Centre

Accurate as of 20/10/2018

(20-10-2018 - 26-10-2018)



| Day | Time          | Session                        |
|-----|---------------|--------------------------------|
| Sat | 07:00 - 08:00 | Adults Only Swim               |
| Sat | 11:00 - 12:00 | Casual Swim                    |
| Sat | 12:00 - 13:00 | Fun & Floats: Inflatable Slide |
| Sat | 13:00 - 14:00 | Birthday Party Hire            |
| Sat | 14:00 - 15:00 | Casual Swim with Lanes         |
| Sat | 15:00 - 16:00 | Healthy lifestyles swimming    |
| Sat | 16:00 - 17:00 | Casual Swim with Lanes         |
| Sun | 11:00 - 12:00 | Casual Swim                    |
| Sun | 12:00 - 14:00 | Fun & Floats                   |
| Sun | 14:00 - 15:00 | Birthday Party Hire            |
| Sun | 15:00 - 16:00 | Casual Swim with Lanes         |
| Sun | 18:00 - 19:00 | Casual Swim with Lanes         |
| Sun | 19:00 - 20:30 | Adults Only Swim               |
| Mon | 07:00 - 08:00 | Adults Only Swim               |
| Mon | 08:00 - 10:00 | Casual Swim with Lanes         |
| Mon | 10:00 - 11:00 | Swim Tots                      |
| Mon | 10:00 - 11:00 | Adult Swim (deep end only)     |
| Mon | 11:00 - 11:45 | Aqua Aerobics                  |
| Mon | 11:00 - 11:45 | Casual Swim (deep end)         |
| Mon | 12:00 - 13:00 | Casual Swim                    |
| Mon | 13:00 - 14:00 | Adults Only Swim               |

| <b>Day</b> | <b>Time</b>   | <b>Session</b>             |
|------------|---------------|----------------------------|
| Mon        | 14:00 - 16:00 | Casual Swim with Lanes     |
| Mon        | 18:00 - 19:00 | Casual Swim                |
| Mon        | 21:00 - 22:00 | Adults Only Swim           |
| Tue        | 07:00 - 08:00 | Adults Only Swim           |
| Tue        | 08:00 - 09:00 | Casual Swim with Lanes     |
| Tue        | 12:00 - 13:00 | Adults Only Swim           |
| Tue        | 18:00 - 18:45 | Family Aqua                |
| Tue        | 18:45 - 19:30 | Aqua Aerobics              |
| Tue        | 19:30 - 20:30 | Casual Swim                |
| Tue        | 20:30 - 22:00 | Adults Only Swim           |
| Wed        | 07:00 - 08:00 | Adults Only Swim           |
| Wed        | 08:00 - 10:00 | Casual Swim with Lanes     |
| Wed        | 10:00 - 11:00 | Swim Tots                  |
| Wed        | 10:00 - 11:00 | Adult Swim (deep end only) |
| Wed        | 11:00 - 12:00 | Adult Swim (deep end only) |
| Wed        | 11:00 - 12:00 | Toddler Lessons            |
| Wed        | 12:00 - 13:00 | Adult Lessons              |
| Wed        | 13:00 - 14:00 | Adults Only Swim           |
| Wed        | 14:00 - 15:00 | Casual Swim with Lanes     |
| Wed        | 15:00 - 16:00 | 45+ Swim                   |
| Wed        | 18:00 - 19:00 | Casual Swim                |
| Wed        | 20:30 - 22:00 | Adults Only Swim           |
| Thu        | 07:00 - 08:00 | Adults Only Swim           |
| Thu        | 08:00 - 11:45 | Casual Swim with Lanes     |
| Thu        | 11:45 - 12:30 | Aqua Aerobics              |

| <b>Day</b> | <b>Time</b>   | <b>Session</b>             |
|------------|---------------|----------------------------|
| Thu        | 11:45 - 12:45 | Adult Swim (deep end only) |
| Thu        | 15:00 - 16:00 | Swim Tots                  |
| Thu        | 15:00 - 16:00 | Casual Swim (deep end)     |
| Thu        | 16:00 - 17:00 | Casual Swim with Lanes     |
| Thu        | 18:00 - 19:00 | Disability Session         |
| Thu        | 20:00 - 22:00 | Adults Only Swim           |
| Fri        | 07:00 - 08:00 | Adults Only Swim           |
| Fri        | 08:00 - 10:00 | Casual Swim with Lanes     |
| Fri        | 10:00 - 11:00 | Adult Swim (deep end only) |
| Fri        | 10:00 - 11:00 | Toddler Lessons            |
| Fri        | 11:00 - 13:00 | Casual Swim with Lanes     |
| Fri        | 13:00 - 14:00 | Adults Only Swim           |
| Fri        | 14:00 - 15:00 | Casual Swim with Lanes     |
| Fri        | 15:00 - 16:00 | 45+ Swim                   |
| Fri        | 18:00 - 19:00 | Fun & Floats               |
| Fri        | 19:00 - 20:00 | Casual Swim                |
| Fri        | 20:00 - 21:00 | Ladies Only                |