

# Pool Programme

## Fenton Manor Sports Complex

Accurate as of 28/07/2024

### Times for Tuesday 23 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 | Inflatable Fun Session | Main Pool           | Swimming            |
| 12:00 pm - 1:00 pm  | Fitness Swim 16+       | Main Pool           | Swimming            |
| 12:15 pm - 1:00 pm  | Aquatots (Up to 6yrs)  | Small Pool          | Swimming            |
| 12:15 pm - 1:00 pm  | Aqua Fit               | Variable Depth Pool | Aqua Exercise       |
| 1:30 pm - 3:45 pm   | Family Swim            | Small Pool          | General Swimming    |
| 1:30 pm - 7:45 pm   | Leisure Swim           | Main Pool           | General Swimming    |
| 8:00 pm - 9:30 pm   | Adults Only 16+        | Main Pool           | General Swimming    |