

# Pool Programme

## Fenton Manor Sports Complex

Accurate as of 06/08/2024

### Times for Monday 12 August



| Time                | Session            | Facility            | Type                |
|---------------------|--------------------|---------------------|---------------------|
| 7:00 am - 10:00 am  | Early Birds 16+    | Main Pool           | Swimming            |
| 10:15 am - 11:45 am | Floats Fun Session | Main Pool           | Swimming            |
| 10:15 am - 11:45 am | Aquatots 0-7       | Small Pool          | Children's Swimming |
| 12:00 pm - 1:15 pm  | Fitness Swim 16+   | Main 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 - 4:15 pm   | Leisure Swim       | Main Pool           | General 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        | Main Pool           | General Swimming    |