

# Pool Programme

## Fenton Manor Sports Complex

Accurate as of 13/08/2024

### Times for Monday 19 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