

BELHUS PARK HOLIDAY POOL TIMETABLE

		07:00		07:30		08:00		08:30		09:00		09:30		10:00		10:30		11:00		11:30		12:00		12:30		13:00		13:30		14:00		14:30		15:00		15:30		16:00		16:30		17:00		17:30		18:00		18:30		19:00		19:30		20:00		20:30		21:00		21:30	
Main Pool	Monday	Lane Swim					Lane Swim					Aqua						Slide Session					Lane Swim											Public Session						Slide Session				Aqua		Lesson		Adult													
	Tuesday	Staff Training															Slide Session					Lane Swim									Public Session		I-Swim			Public Session				Lane Swim																					
	Wednesday	Lane Swim					Lane Swim							Aqua				Slide Session					Lane Swim					Lane Swim				I-Swim						Aqua		Thurrock Swimming Club																					
	Thursday	Lane Swim					Lane Swim							Aqua				Slide Session									Lane Swim				Public Session		I-Swim				Public Session																								
	Friday	Lane Swim					Lane Swim							Aqua				Slide Session					Lane Swim					Lane Swim				iSwim				I-Swim		Lane Swim				Adult Lesson		Private Hire/Slide Session																	
	Saturday					I-Swim							Public Session						Slide Session					Slide Session					Slide Session																																
	Sunday									Lane Swim					Slide Session					Slide Session					Slide Session					Slide Session																															
		07:00		07:30		08:00		08:30		09:00		09:30		10:00		10:30		11:00		11:30		12:00		12:30		13:00		13:30		14:00		14:30		15:00		15:30		16:00		16:30		17:00		17:30		18:00		18:30		19:00		19:30		20:00		20:30		21:00		21:30	
Teaching Pool	Monday	Family Session					Family Session									Slide Session					Family Session									Family Session						Slide Session																									
	Tuesday	Staff Training															Slide Session					Family Session									I-Swim						Family Session				Family Session																				
	Wednesday	Family Session					Family Session									Slide Session					Family Session					Family Session					I-Swim										Thurrock Swimming Club																				
	Thursday	Family Session					Family Session									Slide Session									Family Session							iSwim				Family Session		iSwim		Family Session																					
	Friday	Family Session					Family Session									Slide Session					Family Session					Family Session							iSwim				Family Session								Private Hire/Slide Session																
	Saturday									I-Swim							Slide Session					Slide Session					Slide Session																																		
	Sunday									Family Session					Slide Session					Slide Session					Slide Session					Slide Session																															

Lane Swim	Main pool will be lane swim only.
Aqua Aerobics	Aerobics using the natural force of the water to tone and strengthen muscles.
Private Hire	External Group Hire of Pool.
School Hire	Hire of swimming pool for schools.
Private Hire/Lane Swim	Private hire via an external group, on a fortnightly basis, with opposing weeks offering a lane swim.
iSwim + Adult Lessons	Impulse Leisure swimming lesson Programme.
Family Swim	Teaching pool is available for Family Swim.
Slide Session	Main pool and Teaching pool available for family swim with the use of the slide.
Public Session	The Main Pool is available for an open swim.
Pool Party Slot	Birthday Parties 3-4pm Saturdays and Sundays. If unbooked a slide session will run at this time.

Please note that this timetable may be subject to change. Management reserve the right to refuse entry if necessary.