

BELHUS PARK 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						Public Session				Lane Swim								Public Session								Public Session				Slide Session				Aqua		Lesson		Adult													
	Tuesday	Staff Training								School Hire		School Hire						School Hire		School Hire						Public Session		I-Swim				Public Session				Lane Swim																									
	Wednesday	Lane Swim				Lane Swim				Aqua								Lane Swim				Lane Swim				I-Swim				Aqua		Thurrock Swimming Club																													
	Thursday	Lane Swim				Lane Swim				Aqua								School Hire				Lane Swim				Public Session		I-Swim				Public Session																													
	Friday	Lane Swim				Lane Swim				Aqua		Public Session				Lane Swim		Lane Swim				I-Swim				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																																											
		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										Family Session										Family Session						Slide Session																													
	Tuesday	Staff Training						School Hire		School Hire				School Hire		School Hire						I-Swim				Family Session				Family Session																															
	Wednesday	Family Session				Family Session										Family Session				Family Session				I-Swim								Thurrock Swimming Club																													
	Thursday	Family Session				Family Session										School Hire				Family Session				I-Swim				Family Session		I-Swim		Family Session																													
	Friday	Family Session				Family Session										Family Session				Family Session				I-Swim				Family Session				Private Hire/Slide Session																													
	Saturday					I-Swim				Slide Session				Slide Session				Slide Session																																											
	Sunday					Family 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/Slide Session	External group hire of pool, on a fortnightly basis, with opposing weeks offering a slide session.
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. A lane rope can be put in if requested.
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.