

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				Lane Swim		Public Session				Slide Session			Aqua		Adult Lesson			
	Tuesday	Staff Training					Lane Swim			School Hire			Lane Swim					Lane Swim		Public Session		I-Swim				Public Session			Lane Swim		
	Wednesday	Lane Swim		Lane Swim				Aqua		School Hire							Lane Swim		I-Swim						Aqua		Thurrock Swimming Club				
	Thursday	Lane Swim		Lane Swim			Lane Swim						Lane Swim				Lane Swim		Public Session		I-Swim				Lane Swim		Basildon Swimming Club				
	Friday	Lane Swim		Lane Swim				Aqua		Public Session			Lane Swim					Public Session				I-Swim				Adult Lesson		Private Hire/Lane Swim			
	Saturday			I-Swim						Public Session																					
	Sunday				Lane Swim					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					Family Session						Family Session				Family Session		I-Swim					Family Session			Family Session				
	Wednesday	Family Session		Family Session													Family Session		I-Swim								Thurrock Swimming Club				
	Thursday	Family Session		Family Session			Family Session						Family Session				Family Session		I-Swim			Family Session	I-Swim		Family Session		Basildon Swimming Club				
	Friday	Family Session		Family Session									Family Session				Family Session		I-Swim			Family Session					Private Hire/Lane Swim				
	Saturday					I-Swim						Slide Session			Slide Session			Slide Session													
	Sunday							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.