

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