



## CHILD SAFETY IN THE POOLS FOR UNDER 8 YEARS

### BARTON POOL AND TWYVER POOL :

1 adult  =  1 child under 4 yrs

1 adult  =   2 children age 4-7 yrs

### TAD POOL AND ELVER POOL (designated non-swimming areas)

1 adult  =   2 children under 4 yrs

1 adult  =    3 children age 4-7 yrs

**PLEASE NOTE** Elver pool and Tad pool are child friendly pools.



### PUBLIC SWIMMING

Swim sessions available to everyone. Please follow child safety ratios for children under 8.

### LANE SWIMMING

A lane will be available in the Barton/Twyver pool during Swim 4 all sessions. For competent swimmers aged 14 years +.

### SWIMFIT SESSIONS

These popular sessions are available to all abilities. The pool is divided into lanes and will be fully supported by a coach. For competent swimmers aged 14 years +.

### MORNING RISERS

Start your day with a swim. Lane swimming 06.30 - 09.00 every weekday. For competent swimmers aged 14 years +

### ELVER POOL

Ideal for babies, toddlers and pre-school children. This public session is great fun and a positive introduction to water.

### FAMILY SWIM

Fun for all the family is guaranteed at this session with a mix of inflatables, toys and floats.

### FUN SESSION

Inflatable fun for children of all ages. Please note children will need to be deemed confident by our lifeguards in deep water to use our inflatable. Floats and rafts available for not so confident children.

### AQUA SESSIONS

One of our most popular classes. With the water supporting your body, stress on weight bearing joints is reduced, making this a fun workout suitable for all fitness levels.

### INCLUSIVE SWIM

A free format session with no lane ropes. Suitable for all. Please note that this session is not suitable for anyone who wishes to lane swim.

### PRE SWIM HYGIENE

- All babies must wear appropriate swim wear for their age including swim nappies which are available at reception.
- Please help us to keep our swimming pools clean by showering before you swim.
- If you have a medical condition, please inform a lifeguard before you enter the swimming pool.

Please note that we occasionally have to close our pools. These closures are displayed in advance on our website and at GLI reception desk.

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SWIMMING TIMETABLE

April 2018



www.aspiretrust.org.uk



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Download our free app for new classes or changes to the timetable



# SWIMMING TIMETABLE

| TERM TIME |                                 |                                   |                                | HOLIDAYS                     |                                |                                 |                                   |                              |                              |
|-----------|---------------------------------|-----------------------------------|--------------------------------|------------------------------|--------------------------------|---------------------------------|-----------------------------------|------------------------------|------------------------------|
|           | BARTON POOL                     | TWYVER POOL                       | ELVER POOL                     | TAD POOL                     |                                | BARTON POOL                     | TWYVER POOL                       | ELVER POOL                   | TAD POOL                     |
| MONDAY    | 06.30 - 09.00<br>Morning Risers |                                   |                                |                              |                                | 06.30 - 09.00<br>Morning Risers |                                   |                              |                              |
|           | 12.00 - 13.00<br>Swimfit        | 10.00 - 11.00<br>Age 50+ Only     | 10.45 - 12.00<br>Public Swim   | 10.00 - 12.00<br>Public Swim |                                | 10.00 - 13.30<br>Public Swim    | 11.00 - 12.00<br>Age 50+ Only     | 11.00 - 15.30<br>Public Swim | 10.00 - 18.00<br>Public Swim |
|           | 12.05 - 12.50<br>Aqua HIIT      | 11.00 - 12.00<br>Public Swim      |                                |                              |                                | 12.00 - 13.00<br>Swimfit        | 12.05 - 12.50<br>Aqua HIIT        |                              |                              |
|           | 16.00 - 18.00<br>Public Swim    | 12.00 - 14.00<br>Lane Swim        |                                |                              |                                | 13.30 - 15.30<br>Fun Session    | 13.00 - 14.00<br>Lane Swim        |                              |                              |
|           | 16.00 - 19.15<br>Swim School    |                                   |                                | 16.00 - 18.00<br>Public Swim |                                | 15.30 - 18.00<br>Public Swim    |                                   |                              |                              |
|           | 18.00 - 19.30<br>Swimfit        |                                   |                                |                              |                                | 16.00 - 19.15<br>Swim School    |                                   |                              |                              |
|           | 18.00 - 20.15<br>Lane Swim      |                                   |                                |                              |                                | 18.00 - 19.30<br>Swimfit        |                                   |                              |                              |
|           | 20.30 - 21.15<br>Aqua Aerobics  |                                   |                                |                              |                                | 18.00 - 20.15<br>Lane Swim      |                                   |                              |                              |
|           | 20.30 - 21.15<br>Lane Swim      |                                   |                                |                              | 20.30 - 21.15<br>Aqua Aerobics |                                 |                                   |                              |                              |
|           |                                 |                                   |                                |                              | 20.30 - 21.15<br>Lane Swim     |                                 |                                   |                              |                              |
| TUESDAY   | 06.30 - 09.00<br>Morning Risers |                                   |                                |                              |                                | 06.30 - 09.00<br>Morning Risers |                                   |                              |                              |
|           | 12.00 - 13.00<br>Swimfit        | 10.00 - 11.00<br>Age 50+ Only     | 10.45 - 12.00<br>Public Swim   | 10.00 - 12.00<br>Public Swim |                                | 10.00 - 13.30<br>Public Swim    | 11.00 - 12.00<br>Age 50+ Only     | 11.00 - 15.30<br>Public Swim | 10.00 - 18.00<br>Public Swim |
|           | 12.05 - 12.50<br>Aqua Aerobics  | 11.00 - 12.00<br>Public Swim      |                                |                              |                                | 12.00 - 13.00<br>Swimfit        | 12.05 - 12.50<br>Aqua Aerobics    |                              |                              |
|           | 16.00 - 18.00<br>Swim School    | 12.00 - 14.00<br>Lane Swim        |                                |                              |                                | 13.30 - 15.30<br>Fun Session    | 13.00 - 14.00<br>Lane Swim        |                              |                              |
|           | 16.00 - 18.30<br>Public Swim    |                                   |                                | 16.00 - 18.00<br>Public Swim |                                | 15.30 - 18.30<br>Public Swim    |                                   |                              |                              |
|           | 18.30 - 20.15<br>Lane Swim      |                                   | 18.30 - 19.30<br>Adult Lessons |                              |                                | 16.00 - 18.00<br>Swim School    |                                   |                              |                              |
|           |                                 |                                   |                                |                              | 18.30 - 20.15<br>Lane Swim     |                                 | 18.30 - 19.30<br>Adult Lessons    |                              |                              |
| WEDNESDAY | 06.30 - 09.00<br>Morning Risers |                                   |                                |                              |                                | 06.30 - 09.00<br>Morning Risers |                                   |                              |                              |
|           | 12.00 - 13.00<br>Swimfit        | 10.00 - 11.00<br>Ladies Lane Swim | 10.45 - 12.00<br>Public Swim   | 10.00 - 12.00<br>Public Swim |                                | 10.00 - 13.30<br>Public Swim    | 11.00 - 12.00<br>Ladies Lane Swim | 11.00 - 15.30<br>Public Swim | 10.00 - 18.00<br>Public Swim |
|           | 12.05 - 12.50<br>Aqua Aerobics  | 11.00 - 12.00<br>Public Swim      |                                |                              |                                | 12.00 - 13.00<br>Swimfit        | 12.05 - 12.50<br>Aqua Aerobics    |                              |                              |
|           | 16.00 - 18.00<br>Swim School    | 12.00 - 14.00<br>Lane Swim        |                                |                              |                                | 13.30 - 15.30<br>Family Swim    | 13.00 - 14.00<br>Lane Swim        |                              |                              |
|           | 16.00 - 18.30<br>Public Swim    |                                   |                                | 16.00 - 18.00<br>Public Swim |                                | 15.30 - 18.30<br>Public Swim    |                                   |                              |                              |
|           | 18.00 - 19.30<br>Swimfit        |                                   |                                |                              |                                | 18.00 - 19.30<br>Swimfit        |                                   |                              |                              |
|           | 18.30 - 19.30<br>Lane Swim      |                                   |                                |                              | 16.00 - 18.00<br>Swim School   |                                 |                                   |                              |                              |
|           |                                 |                                   |                                |                              | 18.30 - 19.30<br>Lane Swim     |                                 |                                   |                              |                              |
| THURSDAY  | 06.30 - 09.00<br>Morning Risers |                                   |                                |                              |                                | 06.30 - 09.00<br>Morning Risers |                                   |                              |                              |
|           | 12.00 - 13.00<br>Swimfit        | 10.00 - 11.00<br>Age 50+ Only     | 10.45 - 12.00<br>Public Swim   | 10.00 - 12.00<br>Public Swim |                                | 10.00 - 13.30<br>Public Swim    | 11.00 - 12.00<br>Age 50+ Only     | 11.00 - 15.30<br>Public Swim | 10.00 - 18.00<br>Public Swim |
|           | 12.05 - 12.50<br>Aqua Zumba     | 11.00 - 12.00<br>Public Swim      |                                |                              |                                | 12.00 - 13.00<br>Swimfit        | 12.05 - 12.50<br>Aqua Zumba       |                              |                              |
|           | 16.00 - 18.00<br>Swim School    | 12.00 - 14.00<br>Lane Swim        |                                |                              |                                | 13.30 - 15.30<br>Fun Session    | 13.00 - 14.00<br>Lane Swim        |                              |                              |
|           | 16.00 - 18.30<br>Public Swim    |                                   |                                | 16.00 - 18.00<br>Public Swim |                                | 15.30 - 18.30<br>Public Swim    |                                   |                              |                              |
|           | 18.30 - 20.00<br>Lane Swim      |                                   |                                |                              |                                | 16.00 - 18.00<br>Swim School    |                                   |                              |                              |
|           | 19.00 - 20.00<br>Swimfit        | 19.00 - 20.00<br>Adult Lessons    |                                |                              |                                | 18.30 - 20.00<br>Lane Swim      |                                   |                              |                              |
|           | 20.45 - 21.30<br>Aqua HIIT      |                                   |                                |                              |                                | 19.00 - 20.00<br>Swimfit        | 19.00 - 20.00<br>Adult Lessons    |                              |                              |
|           | 20.45 - 21.30<br>Lane Swim      |                                   |                                |                              | 20.45 - 21.30<br>Aqua HIIT     |                                 |                                   |                              |                              |
|           |                                 |                                   |                                |                              | 20.45 - 21.30<br>Lane Swim     |                                 |                                   |                              |                              |
| FRIDAY    | 06.30 - 09.00<br>Morning Risers | 10.00 - 11.00<br>Inclusive Swim   |                                |                              |                                | 06.30 - 09.00<br>Morning Risers | 10.00 - 11.00<br>Inclusive Swim   |                              |                              |
|           | 12.05 - 12.50<br>Aqua Aerobics  | 11.00 - 12.00<br>Public Swim      | 10.45 - 12.00<br>Public Swim   | 10.00 - 12.00<br>Public Swim |                                | 10.00 - 13.30<br>Public Swim    | 12.05 - 12.50<br>Aqua Aerobics    | 11.00 - 15.30<br>Public Swim | 10.00 - 18.00<br>Public Swim |
|           | 12.05 - 12.55<br>Age 50+ Only   | 12.00 - 14.00<br>Lane Swim        | 14.00 - 15.00<br>Aqua Natal    |                              |                                | 13.30 - 15.30<br>Family Swim    | 13.00 - 14.00<br>Lane Swim        |                              |                              |
|           | 16.00 - 18.00<br>Swim School    |                                   |                                | 16.00 - 18.00<br>Public Swim |                                | 15.30 - 19.15<br>Public Swim    |                                   |                              |                              |
|           | 16.00 - 19.15<br>Public Swim    |                                   |                                |                              |                                | 16.00 - 18.00<br>Swim School    |                                   |                              |                              |
| SATURDAY  | 08.00 - 10.00<br>Swim School    |                                   |                                | 09.00 - 17.00<br>Public Swim |                                | 08.00 - 10.00<br>Swim School    |                                   |                              | 09.00 - 17.00<br>Public Swim |
|           | 08.00 - 13.00<br>Public Swim    |                                   |                                |                              |                                | 08.00 - 13.00<br>Public Swim    |                                   |                              |                              |
|           | 13.00 - 14.30<br>Fun Session    | 13.30 - 14.30<br>Lane Swim        | 13.30 - 14.45<br>Public Swim   |                              |                                | 13.00 - 14.30<br>Fun Session    | 13.30 - 14.30<br>Lane Swim        | 13.30 - 14.45<br>Public Swim |                              |
|           | 14.30 - 17.00<br>Public Swim    |                                   |                                |                              | 14.30 - 17.00<br>Public Swim   |                                 |                                   |                              |                              |
| SUNDAY    | 08.00 - 09.00<br>Public Swim    |                                   |                                | 09.00 - 17.00<br>Public Swim |                                | 08.00 - 09.00<br>Public Swim    |                                   |                              | 9.00 - 17.00<br>Public Swim  |
|           | 09.00 - 12.30<br>Family Swim    |                                   |                                |                              |                                | 09.00 - 12.30<br>Family Swim    |                                   |                              |                              |
|           | 12.30 - 17.00<br>Public Swim    | 13.30 - 14.30<br>Ladies Only      | 12.30 - 14.30<br>Public Swim   |                              |                                | 12.30 - 17.00<br>Public Swim    | 13.30 - 14.30<br>Ladies Only      | 12.30 - 14.30<br>Public Swim |                              |

|     |   |  |   |  |
|-----|---|--|---|--|
| KEY | <span style="display: inline-block; width: 15px; height: 10px; background-color: #00b0f0; border: 1px solid black;"></span> Public Swim | <span style="display: inline-block; width: 15px; height: 10px; background-color: #90ee90; border: 1px solid black;"></span> Aqua Classes | <span style="display: inline-block; width: 15px; height: 10px; background-color: #e066ff; border: 1px solid black;"></span> Family & Fun Sessions | <span style="display: inline-block; width: 15px; height: 10px; background-color: #ff69b4; border: 1px solid black;"></span> Adult Swimming Lessons |
|     | <span style="display: inline-block; width: 15px; height: 10px; background-color: #ffa500; border: 1px solid black;"></span> Swim School | <span style="display: inline-block; width: 15px; height: 10px; background-color: #483d8b; border: 1px solid black;"></span> Swimfit      | <span style="display: inline-block; width: 15px; height: 10px; background-color: #ffff00; border: 1px solid black;"></span> Restricted            |  |