

# ACORNS | POOL TIMETABLE

TIME                      SESSIONS                      DURATION                      TIME                      SESSIONS                      DURATION

## MONDAY

|             |                |             |
|-------------|----------------|-------------|
| 06:30:09.30 | Adults Only    | 3hrs        |
| 09:30:10.15 | Water Aerobics | 45mins      |
| 10:15:11.15 | Adults Only    | 1hr         |
| 11.15:13.00 | Family Swim *  | 1hr 45mins  |
| 13.00:15.30 | Adults Only    | 2hrs 30mins |
| 15.30:17.30 | Family Swim    | 2hrs        |
| 17.45:18.30 | Water Aerobics | 45mins      |
| 18.30:21.45 | Adult Swim     | 3hrs 15mins |

## FRIDAY

|             |                |             |
|-------------|----------------|-------------|
| 06.30:10.15 | Adults Only    | 3hrs 45mins |
| 10.15:11.00 | Water Aerobics | 45mins      |
| 11.00:11.30 | Adults Only    | 30mins      |
| 11.30:13.30 | Family Swim *  | 2hrs        |
| 13.30:15.30 | Adults Only    | 2hrs        |
| 15.30:18.00 | Family Swim *  | 2hrs 30mins |
| 18.00:21.45 | Adults Only    | 3hrs 45mins |

## TUESDAY

|             |               |             |
|-------------|---------------|-------------|
| 06.30:10.00 | Adults Only   | 3hrs        |
| 10.00:13.30 | Family Swim * | 3hrs        |
| 13.30:15.30 | Adults Only   | 1hr         |
| 15.30:18.30 | Family Swim * | 3hrs        |
| 18.30:21.45 | Adults Only   | 3hrs 15mins |

## SATURDAY

|             |               |             |
|-------------|---------------|-------------|
| 08.30:10.00 | Family Swim * | 1hrs 30mins |
| 10.00:12.00 | POOL CLOSED   | 2hrs        |
| 12.00:17.00 | Family Swim   | 5hr         |
| 17.00:19.45 | Adult Swim    | 2hrs 45mins |

## WEDNESDAY

|             |             |             |
|-------------|-------------|-------------|
| 06.30:11.30 | Adults Only | 5hrs        |
| 11.30:13.30 | POOL CLOSED | 2hrs        |
| 13.30:15.30 | Adults Only | 2hrs        |
| 15.30:18.00 | Family Swim | 2hrs 30mins |
| 18.00:19.00 | Adults Only | 1hr         |
| 19.00:19.45 | Aqua Zumba  | 45mins      |
| 19.45:21.45 | Adults Only | 2hrs        |

## SUNDAY

|             |               |              |
|-------------|---------------|--------------|
| 08.30:09.00 | Adults Only   | 1hr          |
| 09.00:11.30 | Family Swim * | 2hrs         |
| 11.30:17.00 | Family Swim   | 5hrs 30 mins |
| 17.00:19.45 | Adult Swim    | 2hrs 45mins  |

## THURSDAY

|               |               |            |
|---------------|---------------|------------|
| 06.30-11.00   | Adults Only   | 5hrs       |
| 11.30 - 13.30 | Family Swim   | 2hrs       |
| 13.30 - 15.30 | Adults Only   | 2hr        |
| 15.30 - 18.30 | Family Swim * | 3hrs       |
| 18.30 - 21.45 | Adults Only   | 3hrs 15mis |

opening hours

Mon - Fri | 06:30 - 21.45

Sat - Sun | 08.30 - 19:45

ACORNS HEALTH & LEISURE

WWW.ACORNSGYM.COM

01342 715022

\*HALF THE POOL WILL BE USED BY ONE OF OUR SWIM SCHOOLS.  
 UNDER 16'S WILL NOT BE ABLE TO USE THE POOL OUTSIDE OF FAMILY SWIM TIME.  
 POOL CLOSED- SWIMMING LESSONS IN PROGRESS



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