

# Downham Leisure

## Swimming Pool Programme

### Term Time

<b>Monday</b>	Lanes 7am–8am	General Swim 8am–9am	School Swim 9am–12pm		Lanes 12:30pm–1:30pm	General Swim 1:30pm–4pm	Swimming Lessons 4pm – 7pm	DMASC Club 7pm–8pm	General Swim 8pm–9pm	
<b>Tuesday</b>	Lanes 7am–8am	General Swim 8am–9am	School Swim 9am–12pm		Lanes 12:30pm–1:30pm	General Swim 1:30pm–2:30pm	Otters Disability Club 2:30pm–4pm	General Swim 4pm–6:50pm	Water Aerobics 7pm–7:45pm	WNSC Club 8pm–9pm
<b>Wednesday</b>	Lanes 7am–8am	General Swim 8am–9am	School Swim 9am–12pm		Lanes 12:30pm–1:30pm	General Swim 1:30pm–2pm	Swimming Lessons 2pm–3pm	General Swim 3pm–8:30pm	WNSC Club 8:30pm–9pm	
<b>Thursday</b>	Lanes 7am–8am	General Swim 8am–9am	School Swim 9am–12pm		Lanes 12:30pm–1:30pm	Water Aerobics 1:45pm–2:30pm	General Swim 2:45pm–4pm	Swimming Lessons 4pm – 7pm	DMASC Club 7pm–8pm	General Swim 8pm–9pm
<b>Friday</b>	Lanes 7am–8am	General Swim 8am–9am	School Swim 9am–12pm		Lanes 12:30pm–1:30pm	General Swim 1:30pm–4pm	Swimming Lessons 4pm – 6:30pm	General Swim 6:30pm–8pm	WNSC Club 8pm–9pm	
<b>Saturday</b>	WNSC Club 7am–8:30am	Swimming Lessons 8:30am–12:15pm			Lanes 12:30pm–1:30pm	General Swim 1:30pm–5pm	Available For Private Hire			
<b>Sunday</b>		General Swim 9am–4pm				Swimming Lessons 3pm–4pm	WNSC Club 4pm–6:30pm			

For more information call 01366 386868 or visit [alivewestnorfolk.co.uk](http://alivewestnorfolk.co.uk)

**Swimming Pool Admission:** Children under 8 years of age must be accompanied in the water by a parent or responsible adult over 18 years of age in line with the following guidance: under 4s: one child to one parent or responsible adult without armbands or two children to one parent or responsible adult with armbands. 4 to 8 years: two children to one parent or responsible adult. Mixed ages (under 8 years of age): one child under 4 & one child under 8 = one adult (under 4s to wear armbands). Armbands must be standard BS, EN or Kitemarked.

**Information:** Members of the public will be called out of the pool five minutes before the end of the session.