

West Norfolk Swimming Pool Programme

Term time (excluding Norfolk school holidays)

Main pool

Monday	Lane Swim 6am – 8:45am		Schools 9am – 11:45am		Lane Swim 12:15pm – 2pm	General Swim 12:15pm – 7pm				Club 7pm – 9:30pm			
Tuesday	Lane Swim 6am – 8:45am		Schools 9am – 11:45am		Lane Swim 12:15pm – 2pm	General Swim 12:15pm – 6:30pm		Lesson: 4pm -		Wate Aerobi 6:30pm 7:15pr	7:15pm -	- 8:15nm - 9:30nm	
Wednesday	Lane Swim 6am – 8:45am		Schools 9am – 11:45am		Lane Swim 12:15pm – 2pm General Swim 12:15pm – 2pm	Water Aerobics 2pm – 2:45pm	S Swim Lesson 2:45pm – 3:45pm – 5:4			General Swim 5:45pm – 8pm		Club 8pm – 9:30pm	
Thursday	Lane Swin 6am – 8:45am	* *	Schools 9am – 11:45am		Lane Swim 12:15pm – 2pm	General Swim 12:15pm – 3:45pm		Lesson 3:45pm – 5:4	5pm G	Lessons :45pm-6:45pm General Swim 5:45pm – 7pm	Water Aerobics 7pm – 7:45pm	Club 8pm – 9:30pm	
Friday		_ane Swim* 7:30am – 9am	Schools 9am – 11:45am		Lane Swim 12:15pm – 2pm	General Swim 12:15pm – 6pm			Lessons 5pm-6pm	Club 6pm – 9:30pm		lpm	
Saturday	Lane Swim 7am – 8an		Lessons 8am – 12pm		General Swin 12pm – 3pm			Family Fun 3pm – 5pm		Available for parties/private hire			
Sunday		Lane Swim 8am – 9am	General Swim 9am – 4pm					Lessons 4pm – 8pm					

For more information call 01553 764888 or visit alivewestnorfolk.co.uk

*No lane swimming on the first Friday of each month due to a private booking

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 7 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. **Learner pool:** Two children to one parent or responsible adult over 18 years of age.

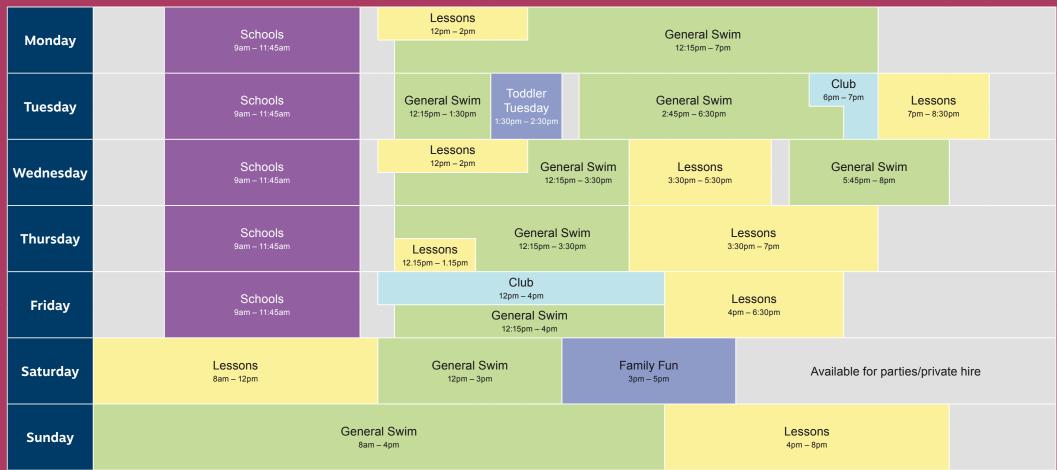




West Norfolk Swimming Pool Programme

Term time (excluding Norfolk school holidays)

Learner pool



For more information call 01553 764888 or visit 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 7 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. Learner pool: Two children to one parent or responsible adult over 18 years of age.

College of West Analia

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