

# St James

## 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		Lessons (2 lanes) 4pm – 6pm			Water Aerobics 6:30pm – 7:15pm	Club 7:15pm – 8:15pm	Club 8:15pm – 9:30pm		
Wednesday	Lane Swim 6am – 8:45am			Schools 9am – 11:45am		Lane Swim 12:15pm – 2pm	Water Aerobics 2pm – 2:45pm	General Swim 2:45pm – 3:45pm	Lessons 3:45pm – 5:45pm		General Swim 5:45pm – 8pm		Lessons 7:15pm–8pm	Club 8pm – 9:30pm		
						General Swim 12:15pm – 2pm										
Thursday	Lane Swim 6am – 8:45am			Schools 9am – 11:45am		Lane Swim 12:15pm – 2pm	General Swim 12:15pm – 3:45pm		Lessons 3:45pm – 5:45pm		Lessons 5:45pm–6:45pm		Water Aerobics 7pm – 7:45pm		Club 8pm – 9:30pm	
						General Swim 5:45pm – 7pm										
Friday	Lane Swim 6am – 7:30am	Lane 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					
	Club 6am – 7:30am															
Saturday		Lane Swim 7am – 8am	Lessons 8am – 12pm			General Swim 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](http://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.

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



College of  
West Anglia

# St James

## Swimming Pool Programme

Term time (excluding Norfolk school holidays)

### Learner pool

Monday		Schools 9am – 11:45am		Lessons 12pm – 2pm	General Swim 12:15pm – 7pm					
Tuesday		Schools 9am – 11:45am		General Swim 12:15pm – 1:30pm	Toddler Tuesday 1:30pm – 2:30pm		General Swim 2:45pm – 6:30pm	Club 6pm – 7pm	Lessons 7pm – 8:30pm	
Wednesday		Schools 9am – 11:45am		Lessons 12pm – 2pm	General Swim 12:15pm – 3:30pm		Lessons 3:30pm – 5:30pm		General Swim 5:45pm – 8pm	
Thursday		Schools 9am – 11:45am			General Swim 12:15pm – 3:30pm	Lessons 3:30pm – 7pm				
				Lessons 12:15pm – 1:15pm						
Friday		Schools 9am – 11:45am		Club 12pm – 4pm			Lessons 4pm – 6:30pm			
				General Swim 12:15pm – 4pm						
Saturday	Lessons 8am – 12pm			General Swim 12pm – 3pm		Family Fun 3pm – 5pm		Available for parties/private hire		
Sunday	General Swim 8am – 4pm						Lessons 4pm – 8pm			

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