

Oasis Swimming Pool Programme

Term time: Tuesday 2 January – Wednesday 27 March 2024 (excluding February Half Term)

Monday	Lanes 7:30am – 8:45am	Aqua Zumba 9am – 9:45am	Lanes 10am – 12pm	General Swim 12pm – 4pm	Family Fun 4pm – 6pm	Lanes 6:15pm – 7:15pm	Water Aerobics 7:15pm – 8pm
Tuesday	Lanes 7:30am – 8:45am	Water Aerobics 9am – 9:45am	Lanes 10am – 12pm	Parent & Toddler 12pm – 1pm	General Swim 1pm – 6pm	Lessons (Stages 1–6) 4pm – 7pm	Lanes 6pm – 8pm
Wednesday	Lanes 7:30am – 10:30am	School Swim 10:30am – 1:45pm	General Swim 1:45pm – 6pm	Pre-Comp 6pm – 7pm	Adult Lessons 7pm – 8pm	Lanes 6pm – 7pm	
Thursday	Lanes 7:30am – 8:45am	Water Aerobics 9am – 9:45am	School Swim 10:30am – 11:45pm	General Swim 11:45pm – 6pm	Lessons (Parent & Toddler) 3:30pm – 4pm	Lessons (Stages 1–4) 4pm – 6pm	Lanes 6pm – 8pm Club (1 lane) 6:30pm – 7:30pm
Friday	Lanes 7:30am – 9am	School Swim 9am – 12:45pm	General Swim 12:45pm – 6pm	Lessons (Stages 1–5 and 7) 4pm – 7pm	Rookie Lifeguard 7pm – 7:30pm	Lanes 6pm – 8pm	
Saturday	Lanes 8am – 9am	Lessons (Parent & Toddler and Stages 1–5) 9am – 12pm	General Swim 12pm – 4pm	Family Fun 4pm – 5pm	Available for Private Hire 5pm – 7pm		
Sunday	Lanes 8am – 9:45am	General Swim 10am – 5pm	Available for Private Hire 5pm – 7pm				

For more information call 01485 534227 or visit alivewestnorfolk.co.uk

Please note on 2 & 3 January 2024 there will be General Swim sessions between 10am – 6pm.

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. A band system will be in operation during busy periods, with a minimum swim time of one hour. Please note that there will be no classes on Bank Holidays, and that the centre will close at 6pm. The slide will be open for 20 minutes every half hour on weekdays.



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