

Adult Swimming Lessons



For adults and children over 14 years



Non Swimmer

For adults unable to swim on both their fronts and backs without aids

Beginner

For adults who can swim 10 metres on their front and back and are water confident

Improver

For adults who can swim 25 metres showing basic skills in front crawl, backstroke and breaststroke

Wednesday

Non-swimmer 11.00-11.30am Sarah

Beginner/Improver 11.30-12 noon Jeanette

Saturday

Non-swimmer 9.00-9.30am Sarah

Beginner 9.00- 9.30am Jeanette

Improver 9.00- 9.30am Annie

Swimming Pool Half Term Timetable

Monday 13th - Sunday 19th February

Monday	7-9am Public Swim (Adults Only)	9-11am Public Swim	11-12.30pm Wet & Wacky	12.30-2.30pm Public Swim	2.30-3.45pm Public Swim (Adults Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Swim Bournemouth	9-10pm Zoom Triathlon Club
Tuesday	7-9am Public Swim (Adults Only)	10.05-11am Deep Water Aqua Fit	11.05-12noon Aqua Fit	9-2.30pm Public Swim	2.30-3.45pm Club Booking	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Bournemouth Swimming Club	9-10pm Water Polo
Wednesday	7-9am Public Swim (Adults Only)	9-10am Staff Training	10.05-11am Aqua Zumba 10-11am Public Swim	11-12.30pm Wet & Wacky	12.30-2.30pm Public Swim	2.30-3.45pm Public Swim (Ladies Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9.30pm Swim Bournemouth
Thursday	7-9am Public Swim (Adults Only)	9-11am Public Swim	11-12.30pm Wet & Wacky	12.30-3.45pm Public Swim	3.45-5.45pm Swimming Academy	5.45-8.30pm Public Swim	8.30-10pm Public Swim Swim & Chill (Adults Only)	7.30-8.30pm Bmth Swim Club	
Friday	7-9am Public Swim (Adults Only)	9-11am Public Swim	10.05-11am Deep Water Aqua Fit	11-12.30pm Wet & Wacky	12.30-2.30pm Public Swim	2.30-3.45pm Public Swim (Over 50's)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-10pm Bournemouth Lifeguards
Saturday	7.45-9am Swim B'mouth	9-11.30am Swimming Academy	11.30-3pm Public Swim	3-4pm Wet & Wacky	4-5pm Wet & Wacky	5.15-6.30pm Disabled Swim Club	6.30-7.30pm Hire our Pool (Parties & Groups)		
Sunday		8-3pm Public Swim	3-4pm Wet & Wacky	4-5pm Wet & Wacky	5-8pm Public Swim				

Key: Public Swim Special Swim Sessions Aqua Classes Wet & Wacky
Swimming Academy Club Hire Hire our Pool

The timetable is correct at time of printing but maybe subject to change.