

Ponteland Leisure Centre

Swimming Timetable from 18 Jan 2019

Main Pool

Friday 18 Jan 2019	Friday	/ 18 Jan	2019
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07:00 - 09:00 -- Public Swim (1/2 general swim / 1 fast lane, 1 slow lane)

09:00 - 10:00 -- Public Swim

10:00 - 12:00 -- Swim Lesson (School Swimming Lessons)

12:00 - 13:30 -- Public Swim (1/2 pool)

12:00 - 13:30 -- Lane Swimming (1 fast lane, 1 slow lane)

13:30 - 14:30 -- Swim Lesson (School Swimming Lessons)

14:30 - 16:00 -- Public Swim

16:00 - 18:00 -- Swim Lesson (Swim School)

18:00 - 19:00 -- Swim Club Dolphins

18:00 - 19:00 -- Swim Club Dolphins (Private Session)

19:00 - 20:00 -- Swim Club Juniors (Private Session)

19:00 - 20:00 -- Swim Club Juniors

20:00 - 21:00 -- Swim Club Seniors

20:00 - 21:00 -- Swim Club Seniors (Private Session)

Saturday 19 Jan 2019

11:15 - 13:30 -- Public Swim

(3/4 pool)

11:15 - 13:30 -- Lane Swimming (1 lane)

13:30 - 14:30 -- Pool inflatable sessions

14:30 - 16:00 -- Public Swim

16:00 - 17:00 -- Reserved (Party/ Pool Hire)

Sunday 20 Jan 2019

09:00 - 12:00 -- Public Swim (1/2 general swim / 1 fast lane, 1 slow lane)

12:00 - 14:00 -- Public Swim (3/4 pool)

12:00 - 14:00 -- Lane Swimming

14:00 - 16:30 -- Fun Sessions (swim toys & floats)

16:30 - 17:00 -- Reserved (closed)

Monday 21 Jan 2019

09:30 - 10:25 -- Aquafit

13:30 - 14:30 -- Swim Lesson (School Swimming Lessons)

Tuesday 22 Jan 2019

07:00 - 09:00 -- Public Swim

(1/2 general swim / 1 fast lane, 1 slow lane)

09:00 - 10:30 -- Public Swim

10:30 - 11:00 -- Swim Lesson

11:00 - 11:30 -- Swim Lesson

11:30 - 12:00 -- Swim Lesson

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

12:00 - 13:30 Public Swim (1/2 pool)	09:00 - 12:00 Swim Lesson (School Swimming Lessons)	
12:00 - 13:30 Lane Swimming (1 fast lane, 1 slow lane)	12:00 - 13:30 Public Swim (1/2 pool)	
13:30 - 14:30 Swim Lesson (School Swimming Lessons)	12:00 - 13:30 Lane Swimming (1 fast lane, 1 slow lane)	
14:30 - 16:00 Public Swim 20:00 - 21:00 Public Swim	13:30 - 14:30 Swim Lesson (School Swimming Lessons)	
	14:30 - 15:30 Public Swim	
21:00 - 22:00 Public Swim (adult swim)	19:00 - 20:00 Ladies Only (4 lanes)	
Wednesday 23 Jan 2019	21:00 - 22:00 Public Swim (adult swim)	
07:00 - 09:15 Public Swim (1/2 general swim / 1 fast lane, 1 slow lane)	Friday 25 Jan 2019	
09:15 - 10:10 Aquafit		
10:15 - 12:00 Public Swim	07:00 - 09:00 Public Swim (1/2 general swim / 1 fast lane, 1 slow lane)	
12:00 - 13:30 Public Swim (1/2 pool)	09:00 - 10:00 Public Swim	
12:00 - 13:30 Lane Swimming (1 fast lane, 1 slow lane)	10:00 - 12:00 Swim Lesson (School Swimming Lessons)	
13:30 - 14:30 Swim Lesson (School Swimming Lessons)	12:00 - 13:30 Public Swim (1/2 pool)	
14:30 - 16:00 Public Swim	12:00 - 13:30 Lane Swimming (1 fast lane, 1 slow lane)	
18:15 - 20:00 Public Swim	13:30 - 14:30 Swim Lesson (School Swimming Lessons)	
18:15 - 20:00 Public Swim		
20:00 - 21:00 Public Swim (1/2 pool)	14:30 - 16:00 Public Swim	
21:00 - 22:00 Public Swim	Setunday 26 Jan 2010	
(adult aurine)	SOTURGOVIE ION 2010	

Thursday 24 Jan 2019

(adult swim)

07:00 00:00 Public Swim

07:00 - 09:00 -- Public Swim (1/2 general swim / 1 fast lane, 1 slow lane)

Saturday 26 Jan 2019

11:15 - 13:30 -- Public Swim (3/4 pool)

11:15 - 13:30 -- Lane Swimming (1 lane)

13:30 - 14:30 -- Pool inflatable sessions

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14:30 - 16:00 -- Public Swim 12:00 - 13:30 -- Lane Swimming (1 fast lane, 1 slow lane) 16:00 - 17:00 -- Reserved (Party/ Pool Hire) 13:30 - 14:30 -- Swim Lesson (School Swimming Lessons) 14:30 - 16:00 -- Public Swim **Sunday 27 Jan 2019** 20:00 - 21:00 -- Public Swim 21:00 - 22:00 -- Public Swim 09:00 - 12:00 -- Public Swim (adult swim) (1/2 general swim / 1 fast lane, 1 slow lane) 12:00 - 14:00 -- Public Swim Wednesday 30 Jan 2019 (3/4 pool) 12:00 - 14:00 -- Lane Swimming (1 lane) 07:00 - 09:15 -- Public Swim 14:00 - 16:30 -- Fun Sessions (1/2 general swim / 1 fast lane, 1 slow lane) (swim toys & floats) 09:15 - 10:10 -- Aquafit 16:30 - 17:00 -- Reserved 10:15 - 12:00 -- Public Swim (closed) 12:00 - 13:30 -- Public Swim (1/2 pool) Monday 28 Jan 2019 12:00 - 13:30 -- Lane Swimming (1 fast lane, 1 slow lane) 13:30 - 14:30 -- Swim Lesson 09:30 - 10:25 -- Aquafit (School Swimming Lessons) 13:30 - 14:30 -- Swim Lesson 14:30 - 16:00 -- Public Swim (School Swimming Lessons) 18:15 - 20:00 -- Public Swim 18:15 - 20:00 -- Public Swim Tuesday 29 Jan 2019 20:00 - 21:00 -- Public Swim (1/2 pool) 21:00 - 22:00 -- Public Swim 07:00 - 09:00 -- Public Swim (adult swim) (1/2 general swim / 1 fast lane, 1 slow lane) 09:00 - 10:30 -- Public Swim 10:30 - 11:00 -- Swim Lesson Thursday 31 Jan 2019 11:00 - 11:30 -- Swim Lesson 11:30 - 12:00 -- Swim Lesson

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07:00 - 09:00 -- Public Swim (1/2 general swim / 1 fast lane, 1 slow lane)



12:00 - 13:30 -- Public Swim

(1/2 pool)

09:00 - 12:00 -- Swim Lesson
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim
(1/2 pool)

12:00 - 13:30 -- Lane Swimming
(1 fast lane, 1 slow lane)

13:30 - 14:30 -- Swim Lesson
(School Swimming Lessons)

14:30 - 15:30 -- Public Swim

19:00 - 20:00 -- Ladies Only
(4 lanes)

21:00 - 22:00 -- Public Swim
(adult swim)

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