



Zoggs swimwear and equipment available at every centre.

# Shipston Leisure Centre

## Main pool term-time programme

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MON	SWIM FITNESS (3 LANES)		SCHOOLS			SWIM FITNESS (1 LANE) SENIOR SWIM	SWIM FITNESS (3 LANES)	SCHOOLS		SWIM FITNESS (1 LANE) SWIM FOR ALL	SWIMMING LESSONS		SWIM FUN (1 LANE) SWIM FOR ALL	CLUBS	SWIM FITNESS (3 LANES) ADULTS ONLY	SWIM FITNESS (2 LANES) COLLEAGUE TRAINING	
TUE	SWIM FITNESS (3 LANES)		SCHOOLS			SWIM FITNESS (3 LANES)		SCHOOLS		SWIM FITNESS (1 LANE) SWIM FOR ALL		SWIMMING LESSONS		CLUBS	AQUA FIT	SWIM FITNESS (3 LANES) ADULTS ONLY	
WED	SWIM FITNESS (3 LANES)		SWIMMING LESSONS		SCHOOLS	SWIM FITNESS (1 LANE) SWIMMING LESSONS ADULTS	SWIM FITNESS (3 LANES)	SCHOOLS		SWIM FITNESS (1 LANE) SWIM FOR ALL		SWIMMING LESSONS		SWIM FOR ALL	SWIMMING LESSONS (ADULTS)	SWIM FITNESS (3 LANES) ADULTS ONLY	
THUR	SWIM FITNESS (3 LANES)		SCHOOLS			SWIM FITNESS (3 LANES)		SCHOOLS		SWIM FITNESS (1 LANE) SWIM FOR ALL		SWIMMING LESSONS		CLUBS	AQUA FIT	SWIM FITNESS (3 LANES) ADULTS ONLY	
FRI	SWIM FITNESS (3 LANES)		SCHOOLS	SWIMMING LESSONS	SCHOOLS	SWIMMING LESSONS	SWIM FITNESS (3 LANES)	SCHOOLS		SWIM FITNESS (1 LANE) SWIMMING LESSONS		SWIM FOR ALL		SWIM FITNESS (3 LANES) ADULTS ONLY			
SAT	SWIM FITNESS (3 LANES)	SWIMMING LESSONS				SWIM FUN			PARTY HIRE			CLOSED					
SUN	SWIM FITNESS (3 LANES)		SWIM FUN						SWIM FITNESS (3 LANES)		CLOSED						

ORANGE

For those learning to swim. Includes schools, clubs and swimming lessons.

YELLOW

For those taking part in fitness and health swimming. Includes Swim Fitness.\*

BLUE

For those wanting fitness and or fun in the pool. Includes Swim Fun.\*

Under 8's must be accompanied by a parent/guardian or adult over 18, with a maximum of 2 children per adult.