



Zoggs swimwear and equipment available at every centre.

Tenbury Swimming Pool

Main pool term-time programme

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON		SWIM FITNESS (ADULTS) 1	LADIES SWIM	SCHOOLS			SWIM FITNESS (ADULTS) 3	SCHOOLS	SWIM FOR ALL	SWIMMING LESSONS			SWIM FITNESS (ADULTS)		CLUBS	SWIM FITNESS (ADULTS)
TUE		SWIM FITNESS (ADULTS) 1	SCHOOLS	WATER BABIES	SCHOOLS		SWIM FITNESS (ADULTS)	SCHOOLS		SWIMMING LESSONS			AQUA FIT		CLUBS	SWIM FITNESS (ADULTS)
WED		SWIM FITNESS (ADULTS) 1	SCHOOLS	SWIMMING LESSONS (ADULTS)			SWIM FITNESS (ADULTS)	AQUA FIT (50+)	SWIMMING LESSONS	SWIM FOR ALL	SWIMMING LESSONS		SWIM FOR ALL	1	CLUBS	SWIM FITNESS (ADULTS)
THUR		SWIM FITNESS (ADULTS) 1	SCHOOLS	LADIES SWIM			SWIM FITNESS (ADULTS) 3	SWIMMING LESSONS	SWIM FOR ALL	SWIMMING LESSONS	AQUA FIT	SWIMMING LESSONS (ADULTS)	CLUBS		SWIM FITNESS (ADULTS)	
FRI		SWIM FITNESS (ADULTS) 1	SWIMMING LESSONS				SENIOR SWIM (50+)	SWIM FOR ALL	SWIMMING LESSONS	SWIMMING LESSONS			SWIM FOR ALL	1		
SAT			SWIMMING LESSONS				SWIM FOR ALL	PARTY HIRE	PARTY HIRE	PARTY HIRE						
SUN			SWIM FOR ALL					PARTY HIRE	PARTY HIRE							

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.

* Swim Fitness and Swim Fun are also available during Swim For All sessions.

Main pool holiday programme

	9am	10am	11am	12noon	1pm	2pm	3pm	4pm
MON	SWIM FUN				SWIM FITNESS (ADULTS) 3	SWIM FOR ALL		
TUE	SWIM FUN	WATER BABIES	SWIM FUN		SWIM FITNESS (ADULTS)	SWIM FOR ALL		SWIMMING LESSONS
WED	SWIM FUN		SWIMMING LESSONS (ADULTS)	SWIM FITNESS (ADULTS)	AQUA FIT (50+)	SWIMMING LESSONS	SWIM FOR ALL	
THUR	SWIM FUN		LADIES SWIM	SWIM FITNESS (ADULTS) 3	SWIM FOR ALL			
FRI	SWIM FUN	SWIMMING LESSONS		SENIOR SWIM (50+)	SWIM FOR ALL			
SAT	SWIMMING LESSONS			SWIM FOR ALL			PARTY HIRE	
SUN	SWIM FOR ALL						PARTY HIRE	

For exact dates when holiday programme applies, please contact reception.