

From 17th - 23rd February 2025



A service provided by



1610

HOLIDAY SWIM TIMETABLE

Dorchester Sports Centre
Coburg Road, Dorchester DT1 2HR

T 01305 858400  

Membership could
**save you
up to £48.00**
per month compared
to pay as you go*



*Based on 2 fitness studio sessions and 2 swims per week

MAIN POOL - HALF TERM

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
06.00	06.00-07.00 Earlybirds 06.00-07.00 Private booking	06.00-07.00 Earlybirds 06.00-07.00 Masters swim	06.00-07.00 Earlybirds	06.00-07.00 Earlybirds	06.00-07.00 Earlybirds			
07.00	07.00-08.00 Earlybirds	07.00-08.00 Earlybirds 07.00-08.00 Masters swim	07.00-08.00 Earlybirds 07.15-08.00 Adult stroke technique	07.00-08.00 Earlybirds	07.00-08.00 Earlybirds	07.00-08.30 Earlybirds 07.00-08.30 Swimfit Masters	07.00-08.00 Earlybirds	
08.00	08.00-09.00 Just lanes	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim 08.15-09.00 Aquafit	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim 08.15-09.00 Aquafit	08.30-12.15 Junior swimming lessons	08.00-09.00 Earlybirds	
09.00	09.15-10.00 Aqua Jogging	09.00-10.00 Deep Water Just swim 09.15-10.00 Aquafit	09.00-10.00 Just lanes 09.30-10.00 Stroke tech.	09.00-10.00 Deep Water Just swim 09.15-10.00 Aquafit	09.00-10.00 Just lanes		09.00-09.45 Learn to dive 09.45-10.30 Competitive diving	09.00-10.00 Just lanes 09.30-11.00 JSL
10.00	10.00-11.00 Just lanes 10.05-10.50 Adult stroke technique	10.10-11.00 Inflatafun 4-7yrs	10.15-11.00 Deep Water Pump	10.00-11.00 Just lanes				
11.00	11.00-12.00 Just lanes	11.00-12.00 Just swim 11.00-11.50 Inflatafun 8-16yrs	12.00-13.00 Just lanes	11.00-11.50 Fun 'n' floats				11.00-11.55 Fun 'n' floats
12.00	12.00-13.00 Deep Water Just swim 12.00-12.45 Aqua Zumba	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes		12.00-13.00 Just lanes 12.00-13.00 Just swim	
13.00	13.00-14.00 Just lanes	13.00-14.00 Just lanes	13.00-14.00 Just lanes	13.10-14.00 Inflatafun 4-7yrs	13.05-13.50 Inflatafun 8-16yrs	13.00-13.55 Fun 'n' floats	13.00-14.00 Fun 'n' floats	
14.00	14.00-14.50 Fun 'n' floats	14.05-14.50 Inflatafun 8-16yrs	14.00-14.50 Fun 'n' floats	14.00-14.50 Inflatafun 8-16yrs	14.00-14.50 Fun 'n' floats	14.00-15.00 Just lanes 14.00-15.00 Just swim	14.00-15.00 Just lanes 14.00-15.00 Just swim	
15.00	15.00-16.00 Just swim	15.00-16.00 Just lanes 15.00-16.00 Just swim	15.00-16.00 Just lanes 15.00-16.00 Just swim	15.00-16.00 Just lanes	15.00-16.00 Just lanes 15.00-16.00 Just swim	15.00-16.00 Just lanes	15.00-16.00 Just lanes	
16.00	16.00-18.30 Junior swimming lessons	16.00-19.00 Junior swimming lessons	16.00-19.00 Junior swimming lessons	16.00-19.00 Junior swimming lessons	16.00-19.00 Junior swimming lessons	16.00-19.00 WDSC	16.00-20.00 WDSC	
17.00								16.00-17.00 Just swim
18.00	18.30-20.00 Adult lanes	18.00-20.00 Just lanes	18.45-21.35 WDSC	18.45-21.35 WDSC	18.00-21.30 WDSC	18.00-21.30 WDSC	18.00-20.00 WDSC	
19.00								19.15-20.00 Aquafit
20.00	19.00-21.00 WDSC	19.00-21.00 WDSC	18.45-21.35 WDSC	20.00-21.00 Swim Masters				
21.00								

SMALL POOL - HALF TERM

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
06.00								
07.00	07.00-08.00 Just swim	07.15-08.00 Aquafit				07.00-08.00 Just swim		
08.00	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	08.00-09.00 Just swim	8.30-11.45 Junior swimming lessons	08.00-09.00 Just swim	
09.00	09.30-10.15 Aqua MOVE	09.00-12.00 Junior swimming lessons	09.00-12.00 Junior swimming lessons	09.00-10.00 Golden Group	09.15-10.00 Aqua MOVE		08.00-10.00 Junior swimming lessons	08.00-10.00 Junior swimming lessons
10.00	10.15-11.00 Aqua Pilates			10.00-11.00 Golden Group	11.00-11.40 Disability Aqua			11.00-11.45 Aqua Pilates
11.00	11.15-12.00 Disability Aqua							
12.00	12.00-13.00 Golden Group	12.00-13.00 Golden Group					12.00-12.55 Fun 'n' floats	
13.00	13.00-15.00 Junior swimming lessons	13.00-14.00 Just swim	13.00-14.00 Just swim	13.00-14.00 Junior swim lessons	12.00-16.00 Junior swimming lessons	13.00-14.00 Just swim	13.00-13.50 Just swim	
14.00	15.00-16.00 Just swim	15.00-19.00 Junior swimming lessons	15.30-19.15 Junior swimming lessons	15.00-16.00 Just swim	16.00-19.00 Junior swimming lessons	14.00-14.50 Fun 'n' floats	14.00-14.50 Just swim	
15.00	15.00-16.00 Just swim			15.00-16.00 Just swim		15.00-16.00 Junior swimming lessons	16.00-17.00 Just swim	15.00-16.00 Just swim
16.00								
17.00								
18.00								
19.00								
20.00								
21.00								

- Children under the age of 4 years should be accompanied and constantly supervised in the water by a responsible person aged at least 16 years; on a 1 to 1 basis in the main pool and a 2 - 1 basis in the small pool.
- Children aged between 4 and 7 years should be accompanied and constantly supervised in the water by a responsible person aged at least 16 years, on a 2 to 1 basis.
- Customers who suffer with epilepsy and do not take medication to control the condition must inform reception and be assisted in the water with a helper on a 1 to 1 basis.
- All customers suffering from medical conditions that can cause problems or affect them while using the facility are asked to inform reception before they take part in activities.

UNDER 8'S SWIMMING POLICY



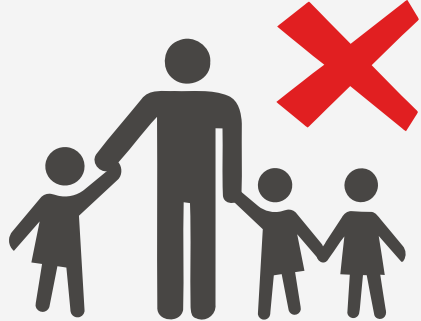
1 adult with 1 child aged
under 4 years



1 adult with 2 children
aged 4 - 7 years



1 adult with 1 child under 4 years
and 1 child aged 4 - 7 years



1 adult with 3 children: 1 aged under 4
years, 2 aged 4 - 7 years

Supervising adult must be at least 16 years of age and remain in the same pool as the child/ren. Supervising adult must ensure all non-swimmers wear approved swimming aids at all times.