

From 2nd September - 22nd December  
& 23rd - 29th December 2024



A service provided by



1610

# SWIMMING POOL 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\*



## MAIN POOL - TERM TIME

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
06.00	06.00-07.00 Just lanes	06.00-07.00 Just lanes	06.00-07.00 Just lanes	06.00-07.00 Just lanes	06.00-07.00 Just lanes			
07.00	07.00-08.00 Just lanes	07.00-08.00 Just lanes	07.00-08.00 Just lanes	07.00-08.00 Just lanes	07.00-08.00 Just lanes	07.00-08.30 Just lanes	07.00-08.00 Just lanes	
08.00	08.00-09.00 Just lanes	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim	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	
09.00	09.15-10.05 Schools	09.00-10.00 Deep Water Just swim	09.00-10.00 Just lanes	09.00-10.00 Deep Water Just swim	09.00-10.00 Just lanes	08.30-12.15 Junior swimming lessons	09.00-10.00 Just lanes	
10.00	10.00-11.00 Just lanes	10.00-11.00 Just lanes	10.05-10.50 Adult stroke technique	10.00-11.00 Just lanes	10.00-11.00 Just swim		09.15-12.40 Schools	09.30-11.00 JSL
11.00	11.00-12.00 Just lanes	11.00-12.00 Just swim	11.00-12.00 Just lanes	11.00-11.45 Adult swim lessons	11.00-12.00 Schools			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 Just lanes	12.00-13.00 Just lanes	12.00-13.00 Just lanes			12.00-13.00 Just lanes
13.00	13.00-14.00 Just lanes	13.00-14.30 Schools	13.00-14.00 Just lanes	13.00-14.00 Just lanes	13.00-14.00 Just lanes	13.00-13.55 Fun 'n' floats	13.00-14.00 Fun 'n' floats	
14.00	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	14.00-15.00 Just lanes	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 swim	15.00-16.00 Just swim	15.00-16.00 Just swim	15.00-16.00 Just lanes	
16.00	16.00-19.00 Junior swimming lessons	16.00-18.00 Junior swimming lessons	16.00-18.45 Junior swimming lessons	16.00-19.00 Junior swimming lessons	16.00-17.00 Just swim	16.00-19.00 WDSC	16.00-20.00 WDSC	
17.00					17.00-18.00 Just lanes			16.00-17.00 Just swim
18.00	18.30-20.00 Just lanes	18.00-19.00 Just lanes	18.45-21.30 WDSC	18.45-20.15 Adult swim lessons	18.00-21.30 WDSC	18.45-20.15 Adult swim lessons	18.45-20.45 WDSC	
19.00	19.00-21.00 WDSC	19.00-21.00 WDSC						
20.00	20.00-21.15 Adult swim lessons	19.00-21.00 WDSC	18.45-21.30 WDSC	20.00-21.00 Swimfit Masters	20.00-21.00 Swimfit Masters	20.00-21.00 Swimfit Masters	20.15-21.00 Adult swim lessons	
21.00								

## SMALL POOL - TERM TIME

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	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		08.00-10.00 Junior swimming lessons	
09.00	09.00-10.00 Golden Group	09.00-11.00 Junior swimming lessons	09.00-12.00 Junior swimming lessons	09.00-10.00 Golden Group	09.15-10.00 Aqua MOVE	8.30-11.45 Junior swimming lessons	08.00-10.00 Junior swimming lessons	
10.00	10.15-11.00 Aqua Pilates			10.15-11.00 Aqua MOVE	10.00-11.00 Golden Group		10.00-11.00 Golden Group	10.00-11.00 Golden Group
11.00	11.15-12.00 Disability Aqua	11.00-11.30 Schools		11.00-11.45 Disability Aqua	11.00-11.45 Aqua Pilates			11.00-11.50 Fun 'n' floats
12.00	12.00-13.00 Just swim	12.00-13.00 Golden Group		11.45-13.15 Adult swimming lessons				12.00-12.50 Fun 'n' floats
13.00	13.00-14.00 Just swim	13.00-14.00 Just swim	13.00-14.00 Just swim	13.15-13.45 Junior swim lessons	12.00-15.00 Junior swimming lessons	13.00-14.00 Just swim	13.00-13.50 Just swim	
14.00		14.00-14.30 Schools	14.00-14.30 Schools	14.00-15.00 Schools			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 Just swim		
16.00	16.00-19.00 Junior swimming lessons	15.30-19.00 Junior swimming lessons	15.30-19.15 Junior swimming lessons	16.00-19.15 Junior swimming lessons	16.00-17.00 Just swim	16.00-19.00 WDSC	17.00-19.00 WDSC	
17.00					17.00-17.55 Fun 'n' floats			16.00-17.00 Just swim
18.00								
19.00	19.00-20.30 Adult swimming lessons	19.15-20.00 Aqua HiIT	19.15-20.00 Adult swim lessons	19.15-20.00 Aquafit	18.45-20.45 WDSC			
20.00				20.15-21.00 Adult swim lessons				
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.

## MAIN POOL - HOLIDAY TIMETABLE WK 1

Time	Mon 23rd	Tue 24th	Wed 25th	Thu 26th	Fri 27th	Sat 28th	Sun 29th
06.00							
07.00	07.00-08.30 WDSC	07.00-08.00 Early birds			07.00-08.30 WDSC	07.00-08.30 WDSC	07.00-08.30 WDSC
08.00	08.30-10.00 Just lanes	08.00-09.00 Just lanes				08.30-09.30 Just lanes	
09.00	09.15-10.00 Aqua Jogging	09.00-10.00 Deep Water Just swim			08.45-10.00 Just lanes		09.00-10.00 Just lanes
		09.15-10.00 AquaFit			08.45-10.00 Learn to Dive		
10.00	10.15-11.00 Inflatafun 8yrs +	10.00-11.00 Fun 'n' floats			10.00-11.00 Junior Stroke Technique	10.00-11.00 Just swim	10.00-11.00 Just swim
					10.00-11.00 Just lanes	10.00-11.00 Just swim	10.00-11.00 Just swim
11.00	11.15-11.45 Inflatafun 4 - 7yrs	11.00-12.00 Just swim			11.00-12.00 Just lanes	11.00-11.50 Fun 'n' floats	11.00-11.50 Fun 'n' floats
		11.00-12.00 Just lanes					
12.00	12.00-12.45 Aqua Zumba				12.00-13.00 Lunchtime lanes	12.00-13.00 Just swim	
13.00	13.00-14.00 Just lanes				13.00-14.00 Just lanes		
14.00	14.00-14.50 Fun 'n' floats				14.00-14.50 Fun 'n' floats		
15.00	15.00-16.00 Just swim				15.00-16.00 Just lanes	15.00-16.00 Just swim	
16.00							
17.00							
18.00							
19.00							
20.00							
21.00							

## SMALL POOL - HOLIDAY TIMETABLE WK 1

Time	Mon 23rd	Tue 24th	Wed 25th	Thu 26th	Fri 27th	Sat 28th	Sun 29th
06.00							
07.00	07.00-08.00 Just swim						
08.00	08.00-09.00 Just swim				08.15-09.00 AquaFit		
09.00	09.00-10.00 Golden Group	09.00-10.00 Just swim			09.15-10.00 Aqua MOVE	09.00-10.00 Just swim	
10.00	10.15-11.00 Aqua Pilates	10.00-10.50 Fun 'n' floats			10.00-11.00 Golden Group	10.00-10.50 Fun 'n' floats	10.00-11.00 Just swim
11.00					11.00-11.45 Aqua Pilates		11.00-11.50 Fun 'n' floats
12.00	12.00-13.00 Just swim				12.00-12.50 Fun 'n' floats		
13.00	13.00-13.50 Fun 'n' floats				13.00-14.00 Just swim		
14.00							
15.00	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.

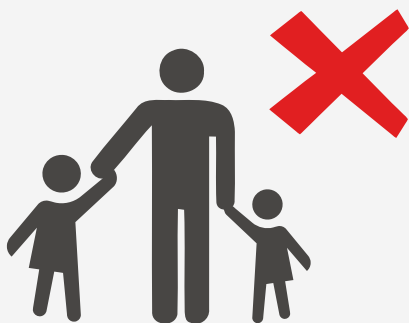
# UNDER 8'S SWIMMING POLICY



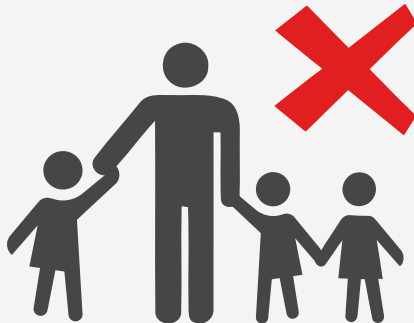
1 adult with 1 child aged  
under 4 years



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.