

From 6th January 2025


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 Earlybirds	06.00-07.00 Earlybirds	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 Earlybirds	07.00-08.00 Earlybirds	07.00-08.00 Earlybirds	07.00-08.30 Earlybirds	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	08.00-09.00 Just lanes	08.00-09.00 Deep Water Just swim	08.15-09.00 AquaFit	08.00-09.00 Earlybirds
09.00	09.15-10.05 Schools	09.00-10.00 Deep Water Just swim	09.00-11.30 Schools	09.00-10.00 Deep Water Just swim	09.15-10.00 AquaFit	09.00-10.00 Just lanes	09.00-10.00 Just lanes
10.00	10.00-11.00 Just lanes	10.00-11.00 Just lanes	10.15-11.00 Deep Water Pump	10.00-11.00 Just lanes	10.00-11.00 Just swim	09.00-12.00 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	08.30-12.15 Junior swimming lessons	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 Just swim
13.00	13.00-14.00 Just lanes	13.00-14.00 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 Schools	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 lanes	15.00-16.00 Just lanes	15.00-16.00 Just lanes	15.00-16.00 Just lanes	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		18.00-19.00 Just lanes		17.00-18.00 Just lanes			
18.00	18.30-20.00 Adult lanes	19.00-21.00 WDSC	18.45-21.30 WDSC	18.45-20.15 Adult swim lessons	18.00-21.30 WDSC		
19.00				20.15-21.00 Adult lanes	20.00-21.00 Swimfit Masters		
20.00	20.00-21.15 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	10.00-11.00 Just swim
10.00	10.15-11.00 Aqua Pilates			10.15-11.00 Aqua MOVE	10.00-11.00 Golden Group		11.00-11.50 Fun 'n' floats
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		12.00-12.55 Fun 'n' floats
12.00	12.00-13.00 Just swim	12.00-13.00 Golden Group		11.45-13.15 Adult swimming lessons			
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			17.00-19.00 WDSC
17.00							
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.

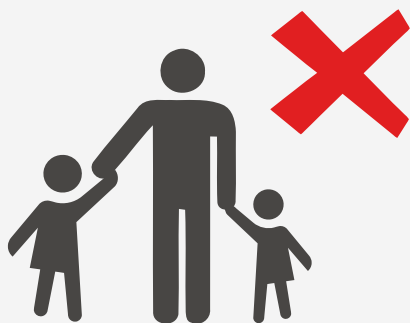
# UNDER 8'S SWIMMING POLICY



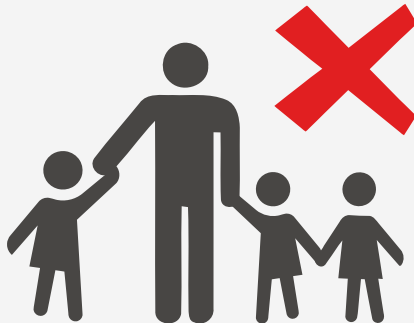
1 adult with 1 child aged  
under 4 years



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.