

From 13th May 2024

1610

SWIMMING POOL TIMETABLE

Trinity Sports and Leisure
Chilton Street, Bridgwater TA6 3JA

T 01278 429119 

Membership could
save you
up to £45.60
per month compared
to pay as you go*



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

MAIN POOL - TERMTIME

Time	Mon						Tue						Wed						Thu						Fri						Sat						Sun																							
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																		
06.00	06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds						06.00-08.00 Early birds																	
07.00	06.00-07.30 Competitive swim						06.00-07.30 Competitive swim						06.00-07.30 Competitive swim						06.00-07.30 Competitive swim						06.00-07.30 Competitive swim						06.00-07.30 Competitive swim						06.00-07.30 Competitive swim						06.00-07.30 Competitive swim						06.00-07.30 Competitive swim											
08.00	08.00-08.45 Aquafit						08.00-08.45 Aqua HiIT						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-09.00 Just lanes						08.00-09.00 Just lanes					
09.00	08.45-09.30 Aqua MOVE						08.45-10.00 Just lanes						9.00-10.00 Golden Group swim						09.00-09.45 Water Circuits						09.00-10.00 Aqua Gym						09.00-10.00 Golden Group						08.00-10.00 Swim lessons						08.00-10.00 Swim lessons						08.00-10.00 Swim lessons						08.00-10.00 Swim lessons					
10.00	09.45-12.00 Schools						10.00-11.30 Schools						10.00-10.45 Water Circuits						09.45-12.00 Schools						10.00-12.00 Schools						10.00-11.00 Just lanes						10.00-11.00 Swim lessons						10.00-11.00 Just lanes						10.00-11.00 Swim lessons						10.00-11.00 Swim lessons					
11.00	11.30-12.00 1-2-1 Swim lessons						10.45-12.00 Schools						10.00-10.45 Water Circuits						09.45-12.00 Schools						10.00-12.00 Schools						11.00-12.00 Just swim						11.10-11.55 Disability swim*						11.10-11.55 Deep Water Aqua†						11.10-11.55 Deep Water Aqua†						11.10-11.55 Deep Water Aqua†					
12.00	12.00-13.15 Lunchtime lanes						12.00-13.30 Lunchtime lanes						12.00-13.30 Lunchtime lanes						12.00-13.00 Lunchtime lanes						12.15-13.00 Aquafit						12.00-13.30 Lunchtime lanes						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats					
13.00	13.15-15.30 Schools						13.30-14.45 Schools						13.30-14.30 Schools						13.00-14.45 Schools						13.30-14.45 Schools						13.00-14.00 Inflatafun						13.00-14.00 Bring your own inflatable						13.00-14.00 Bring your own inflatable						13.00-14.00 Bring your own inflatable						13.00-14.00 Bring your own inflatable					
14.00	14.45-15.30 Disability swim*						14.45-15.30 Deep Water Aqua†						14.30-15.30 Just lanes						14.45-15.30 Deep Water Aqua						14.45-15.30 Aqua MOVE						14.45-15.30 Just lanes						15.00-16.00 Birthday party						14.00-15.00 Birthday party						14.00-15.00 Just swim						14.00-15.00 Just swim					
15.00	15.30-16.00 1-2-1 Swim lessons						15.30-16.00 1-2-1 Swim lessons						15.30-16.00 1-2-1 Swim lessons						15.30-16.00 1-2-1 Swim lessons						15.30-16.00 1-2-1 Swim lessons						15.30-16.00 1-2-1 Swim lessons						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	16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-17.00 Swim Lessons						16.00-17.00 Swim Lessons						16.00-17.00 Swim Lessons						16.00-17.00 Swim Lessons					
17.00	16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons						16.00-18.00 Swim lessons					
18.00	18.00-20.30 Bridgwater Swim Club						18.00-19.00 Triathlon swim						18.00-19.00 Triathlon swim						18.00-18.45 Swimfit						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club					
19.00	19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons						19.00-19.45 Adult swim lessons					
20.00	20.00-20.45 Aquafit						19.45-20.30 Adult Advanced Lessons						19.30-20.15 Aquafit						19.30-20.15 Aquafit						19.30-20.15 Aquafit						19.30-20.15 Aquafit						19.30-20.15 Aquafit						19.30-20.15 Aquafit						19.30-20.15 Aquafit						19.30-20.15 Aquafit					
21.00	20.45-22.00 Adult lanes						20.30-22.00 Masters Swim Club						19.30-21.00 Adult lanes						19.30-21.00 Adult lanes						19.30-21.00 Adult lanes						19.30-21.00 Adult lanes						19.30-21.00 Adult lanes						19.30-21.00 Adult lanes						19.30-21.00 Adult lanes						19.30-21.00 Adult lanes					

SMALL POOL - TERMTIME

Time	Mon						Tue						Wed						Thu						Fri						Sat						Sun																																																																	
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																																																												
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07.00																																																																																																						
08.00																																																																																																						
09.00	09.00-10.30 Swim lessons						09.00-10.00 Just swim						09.00-10.00 Parent & toddler						09.00-11.00 Swim lessons						09.00-10.00 Just swim						09.30-10.30 Swim lessons						09.00-10.00 Just swim						08.00-11.00 Swim lessons						08.00-11.00 Swim lessons						08.00-11.00 Swim lessons						08.00-11.00 Swim lessons																																									
10.00	10.00-11.00 Schools						10.00-11.30 Schools						10.00-11.00 Parent & toddler						09.00-13.00 Swim lessons						10.00-11.00 Just swim						10.00-11.00 Just swim						10.00-11.00 Just swim						10.00-11.00 Just swim						10.00-11.00 Just swim						10.00-11.00 Just swim						10.00-11.00 Just swim																																									
11.00	11.00-12.45 Just swim						11.00-13.30 Swim lessons						11.00-13.30 Swim lessons						09.00-13.00 Swim lessons						11.00-12.00 Schools						11.00-12.00 Just swim						11.00-12.00 Just swim						11.00-12.00 Just swim						11.00-12.00 Just swim						11.00-12.00 Just swim						11.00-12.00 Just swim																																									
12.00	12.00-13.00 Fun 'n' floats						11.00-13.30 Swim lessons						11.00-13.30 Swim lessons						12.00-13.00 Fun 'n' floats						12.00-13.00 Swim lessons						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats						12.00-13.00 Fun 'n' floats																																									
13.00	13.15-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.00-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools						13.30-14.30 Schools																																			
14.00	14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim						14.30-15.30 Just swim																																									
15.00	15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons						15.00-16.00 1-2-1 Swim lessons																																									
16.00	15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons						15.00-18.30 Swim lessons																																									
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18.00	18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim						18.00-19.00 Just swim																																									
19.00	18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club						18.00-19.45 Bridgwater Swim Club																																									
20.00	19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes						19.45-21.00 Adult lanes																																									
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*Disability swim is for people of all ages with learning difficulties and disabilities. † Deep end unavailable for Public swimming. • All under 8's must be accompanied by an adult at all times (please refer to our Under 8's Swimming Policy overleaf). • Aqua nappies must be worn by under 3's. • Last admission 1 hour prior to closing. • All sessions are booked separately for the main and small pools – users are not permitted to cross between pools during their swim session. • Please note that the pool will be cleared 5 mins before the end of all swim sessions. • Private lessons may be taking place in any area of the pools at any time. • We reserve the right to change activities at short notice.

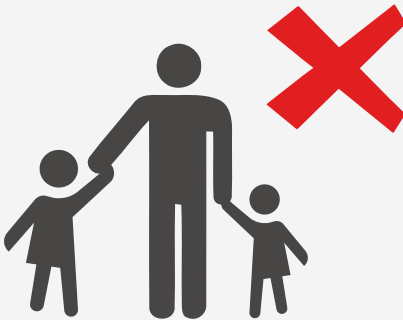
UNDER 8'S SWIMMING POLICY



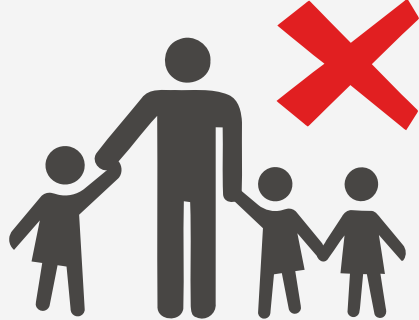
1 adult with 1 child aged
under 4 years



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.