

Swimming Holiday Time Table

Cascades Leisure Centre Tel: 01474 337471-2

Monday

Crash Course & Swimming Lessons	8.30am - 9.30am
Acorn Club	9.30am - 10.00am
General Swimming (with flumes until 7.00pm & waves)	10.00am - 7.00pm
Ladies Only Swimming & Aquanatal	7.00pm - 8.00pm
Aquacise	8.00pm - 9.00pm
Ladies Only Fit Swim	9.00pm - 10.00pm

Tuesday

Disability Swimming	8.00am - 9.00am
Crash Course & Adult Swimming	8.30am - 9.30am
Acorn Club	9.30am - 10.00am
General Swimming (with flumes until 7.00pm & waves)	10.00am - 8.00pm
Adult Swimming	8.00pm - 9.00pm

Wednesday

Crash Course & Swimming Lessons	8.30am - 9.30am
Acorn Club	9.30am - 10.00am
General Swimming (with flumes until 7.00pm & waves)	10.00am - 8.00pm
Adult Swimming	8.00pm - 9.00pm
Staff Training	9.00pm - 10.00pm

Thursday

Crash Course & Swimming Lessons	8.30am - 9.30am
Acorn Club	9.30am - 10.00am
General Swimming (with flumes until 7.00pm & waves)	10.00am - 8.00pm
Aquacise	8.00pm - 9.00pm
Adult Chillout Zone	9.00pm - 10.00pm

Friday

Crash Course & Swimming Lessons	8.30am - 9.30am
Acorn Club	9.30am - 10.00am
General Swimming (with flumes until 8.00pm & waves)	10.00am - 9.00pm

Saturday

General Swimming (with flumes from 11.00am - 5.30pm & waves)	10.00am - 6.00pm
Disability Swimming	6.00pm - 7.00pm
Private Hire	7.15pm - 9.00pm

Sunday

General Swimming (with flumes from 11.00am - 6.30pm & waves)	10.00am - 7.00pm
Inflatables Session	10.00am - 11.00am
50+ Session	7.00pm - 8.00pm