

Swimming Term Time Table

Cascades Leisure Centre Tel: 01474 337471-2

Monday

Baby Swimming Lessons & Adult Swimming (deep water)	9.00am - 10.30am
General Swimming	10.30am - 12.30pm
Lunch Time Dip (No waves)	12.30pm - 1.30pm
General Swimming	1.30pm - 3.45pm
Swimming Lessons	4.00pm - 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
Adult & Baby Swimming	9.00am - 9.30am
Baby Swimming Lessons & Adult Swimming (deep water)	9.30am - 10.30am
Ladies Only Swimming	10.30am - 11.30am
General Swimming	11.30am - 12.30pm
Lunch Time Dip (No waves)	12.30pm - 1.30pm
Aquacise	1.30pm - 2.30pm
General Swimming	2.30pm - 3.45pm
Swimming Lessons	4.00pm - 6.30pm
General Swimming	6.30pm - 9.00pm
Adult Swimming Lessons & Adult Swimming	9.00pm - 10.00pm

Wednesday

Baby Swimming Lessons & Adult Swimming (deep water)	9.00am - 10.30am
General Swimming	10.30am - 12.30pm
Lunch Time Dip (No waves)	12.30pm - 1.30pm
General Swimming	1.30pm - 3.45pm
Swimming Lessons	4.00pm - 6.30pm
General Swimming	6.30pm - 8.00pm
Adult Swimming	8.00pm - 9.00pm
Staff Training	9.00pm - 10.00pm

Thursday

Baby Swimming Lessons & Adult Swimming (deep water)	9.00am - 10.00am
Aquacise	10.00am - 11.00am
General Swimming	11.00am - 12.30pm
Lunch Time Dip (No waves)	12.30pm - 2.30pm
General Swimming	2.30pm - 8.00pm
Aquacise	8.00pm - 9.00pm
Adult Chillout Zone	9.00pm - 10.00pm

Friday

Baby Swimming Lessons & Adult Swimming (deep water)	9.00am - 10.30am
General Swimming	10.30am - 12.30pm
Lunch Time Dip (No waves)	12.30pm - 1.30pm
General Swimming (with flumes from 3.30pm - 8.00pm and waves)	1.30pm - 9.00pm

Saturday

Swimming Lessons	8.00am - 10.30am
General Swimming (with flumes & waves from 11.00am to 5.30pm)	10.30am - 6.00pm
Disability Swimming	6.00pm - 7.00pm
Private Function Hire	7.15pm - 9.00pm

Sunday

Swimming Lessons	8.00am - 10.30am
General Swimming (with flumes & waves from 11.00am to 6.30pm)	10.30am - 7.00pm
Inflatables	10.30am - 11.30am
50+Session	7.00pm - 8.00pm