

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	POOL	LANE	POOL	LANE	POOL	LANE	POOL	LANE	POOL	LANE	POOL	LANE	POOL	LANE
6:30											Closed		Closed	
7:00	06:30 - 09:00 Adults Only		06:30 - 09:00 Adults Only		06:30 - 09:00 Adults Only		06:30 - 09:00 Adults Only		06:30 - 09:00 Adults Only					
8:00														
9:00					09:15-10:30 Aqua Aerobics				09:00-11:30 Water Babies					
10:00														
11:00														
12:00														
13:00														
14:00														
15:00											14:00-15:00 Splash Saturday*			
16:00			16:00 - 18:00 Diddy Dolphins		16:00-17:00 K-Splash		16:00 - 18:00 Diddy Dolphins		16:00-17:30 Kernow Splashers		15:00-16:00 Splash Saturday*			
17:00	17:00 - 18:00 Little Flippers										16:00-17:00 Private Pool Party**			
18:00							18:00-18:50 Aqua Aerobics							
19:00	19:00-19:50 Aqua Aerobics													
20:00	20:00 - 20:45 Adults Only		20:00 - 20:45 Adults Only		19:30-20:15 Aqua Circuits Adults Only		20:00 - 20:45 Adults Only		20:00 - 20:45 Adults Only					
	20:45 Closed		20:45 Closed		20:45 Closed		20:45 Closed		20:45 Closed		20:45 Closed		20:45 Closed	

\* Booking essential - please call 01726862010 from 7am on the day. Suitable for children aged 4+. Session time is 45 minutes. Non-competent swimmers must wear armbands and be accompanied in the water by a paying adult.

\*\*A private pool party may be booked at 16:00-17:00 on a Saturday - please check with reception before visiting