

Monday	
Adult only swim	06.30-08.30
Family swim	08.30-12.00
Aqua	10.15-11.00
Adult only swim	12.00-13.00
* Physiocure	12.30-13.30
Family swim	13.00-20.00
Swimbabes	13.30-15.30
Swim Lessons/Intensive Courses (4-11 yr)	15.45-20.15
Aqua aerobics	18.45-19.15
Adult only swim	20.00-22.30

Tuesday	
Adult only swim	06.30-08.30
Family swim	08.30-12.00
Little splashers (3mth-3½yrs)	09.30-12.00
Adult only swim	12.00-13.00
Family swim	13.00-20.00
Little splashers (3mth-3½yrs)	13.00-14.30
Swim Lessons/Intensive Courses (4-11 yr)	15.45-20.15
Adult only swim	20.00-22.30

Wednesday	
Adult only swim	06.30-08.30
Family swim	08.30-12.00
Little splashers (3mth-3½yrs)	10.00-12.00
Adult only swim	12.00-13.00
Aqua aerobics	13.00-13.45
* Physiocure	12.00-13.00
Family swim	13.00-20.00
Swimbabes	14.15-15.15
Swim Lessons/Intensive Courses (4-11 yr)	15.45-20.15
Adult only swim	20.00-22.30

Thursday	
Adult only swim	06.30-08.30
Family swim	08.30-12.00
Little splashers (3mth-3½yrs)	09.30-12.00
Adult only swim	12.00-13.00
Little splashers (3mth-3½yrs)	13.00-14.30
Family swim	13.00-20.00
Swim Lessons/Intensive Courses (4-11 yr)	15.45-20.15
Adult only swim	20.00-22.30

Friday	
Adult only swim	06.30-08.30
Family swim	08.30-12.00
Aqua Zumba	10.30-11.15
Adult only swim	12.00-13.00
* Physiocure	12.30-13.30
Family swim	13.00-20.00
Swimbabes	13.45-15.00
Swim Lessons/Intensive Courses (4-11 yr)	15.45-20.15
Adult only swim	20.00-22.00

Saturday	
Adult only swim	07.45-08.50
Family swim	09.00-19.30
Swim Lessons/Intensive Courses (4-11 yr)	09.00-13.00
Family Splash (busy time)	09.00-12.00
Swim Parties	13.30-14.30
Adult only swim	19.30-20.30

Sunday	
Adult only swim	07.45-08.50
Family swim	09.00-19.30
Swim Lessons/Intensive Courses (4-11 yr)	09.00-13.00
Family Splash (busy time)	09.00-12.00
Swim Parties	13.30-14.30
Adult only swim	19.30-20.30

For more information regarding:

Splashers (Baby Swim/Pre-School Lessons) - please contact our Children's Activities Manager at [lisa.mathie@cookridgehall.co.uk](mailto:lisa.mathie@cookridgehall.co.uk)

Children's Swimming Lessons (4-11 yrs), Intensive Courses and Adult Private Lessons - please contact our Swimming Co-ordinator at [simon.bowles@cookridgehall.co.uk](mailto:simon.bowles@cookridgehall.co.uk)

When swimming lessons are in progress a minimum of one lane and a maximum of half the main pool will be occupied.

Aqua aerobics, little splashers, children's parties and swimbabes are conducted in the main pool area, both swim lanes will remain available.

All children under the age of 16 must be accompanied by a parent at all times. Children under the age of 16 years are not allowed in the Jacuzzi, sauna or steam room.

\* Physiocure sessions only operate when required by patients and require a small area of the main pool.

You can book your aqua classes at reception or call on 0113 203 0000.

16.07.16

[www.cookridgehall.co.uk](http://www.cookridgehall.co.uk)

0113 203 0000