

# Green Bank Leisure Centre

## Main pool term-time programme

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm			
MON	SPLASH FITNESS (FOR ALL AGES)	SCHOOLS		SPLASH FITNESS		SCHOOLS		SPLASH SCHOOL		SWIM FOR ALL		COLLEAGUE TRAINING							
TUE	SPLASH FITNESS (FOR ALL AGES)	SCHOOLS		SPLASH FITNESS		SCHOOLS		SPLASH SCHOOL		SWIM FOR ALL		LADIES SWIM		SPLASH FITNESS (ADULTS ONLY)					
WED	SPLASH FITNESS (FOR ALL AGES)	SWIM FOR ALL		SPLASH SCHOOL		SPLASH FITNESS		SWIM FOR ALL		DISABLED SWIM		SPLASH SCHOOL		CLUBS (SSC)		SPLASH FITNESS (ADULTS ONLY)			
THUR	SPLASH FITNESS (FOR ALL AGES)	SCHOOLS		SPLASH FITNESS		SPLASH FITNESS (AQUA NAT'AL)		SCHOOLS		SPLASH SCHOOL		SWIM FOR ALL		SPLASH FITNESS (ADULTS ONLY)					
FRI	SPLASH FITNESS (FOR ALL AGES)	SCHOOLS		SPLASH FITNESS		SCHOOLS		SPLASH SCHOOL		FAMILY FUN SWIM		CLUBS (SSC)		SPLASH FITNESS (ADULTS ONLY)					
SAT	SPLASH FITNESS	SPLASH SCHOOL				SWIM FOR ALL		SPLASH HAPPY		SWIM FOR ALL		PARTY HIRE		FAMILY FUN SWIM		SWIM FOR ALL		SPLASH FITNESS (ADULTS ONLY)	
SUN	SPLASH FITNESS	SWIM FOR ALL				SPLASH HAPPY		SWIM FOR ALL		CLUBS (SQUAD SWIM)				CLUBS (SUB AQUA)					

ORANGE	For those learning to swim. Includes schools, clubs and Splash School.
YELLOW	For those taking part in fitness and health swimming. Includes Splash Fitness.*
BLUE	For those wanting fitness and or fun in the pool. Includes Splash Happy.*

\* Splash Fitness and Splash Happy are also available during SWIM FOR ALL sessions.

Under 8's must be accompanied by a parent/guardian or adult over 18, with a maximum of 2 children per adult.

## Main pool holiday programme

	9am	10am	11am	12noon	1pm	2pm	3pm	4pm				
MON	CRASH COURSE	SPLASH HAPPY		SPLASH FITNESS		SWIM FOR ALL		SPLASH HAPPY		SWIM FOR ALL		
TUE	CRASH COURSE	SPLASH HAPPY		SPLASH FITNESS		SWIM FOR ALL		SPLASH HAPPY		SWIM FOR ALL		
WED	CRASH COURSE	SPLASH HAPPY		SPLASH FITNESS		SWIM FOR ALL		SPLASH HAPPY		DISABLED SWIM		
THUR	CRASH COURSE	SPLASH HAPPY		SPLASH FITNESS		SWIM FOR ALL		SPLASH HAPPY		SWIM FOR ALL		
FRI	CRASH COURSE	SPLASH HAPPY		SPLASH FITNESS		SWIM FOR ALL		SPLASH HAPPY		SWIM FOR ALL		
SAT	SPLASH SCHOOL				SWIM FOR ALL		SPLASH HAPPY					
SUN	SWIM FOR ALL				SPLASH HAPPY							

For exact dates when holiday programme applies, please contact reception.

FOR TIMES BETWEEN 7am AND 9am, SEE TERM-TIME PROGRAMME, LEFT

FOR TIMES BETWEEN 4pm AND 10pm, SEE TERM-TIME PROGRAMME, LEFT