

# Swimming Information

## Kids Swimming Times

*(Indoor Pool Only)*

Monday	10:30—17:00
Tuesday	10:30—17:00
Wednesday	10:30—17:00
Thursday	10:30—17:00
Friday	10:30—18:00
Saturday	11:30—18:00
Sunday	11:30—18:00



## Adult Swimming Times

*(Indoor Pool Only)*

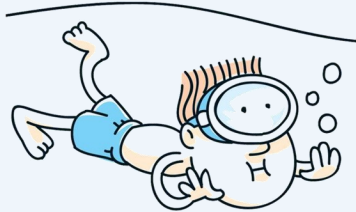
Monday	06:30—10:30 & 17:00—21:00
Tuesday	06:30—10:30 & 17:00—21:00
Wednesday	06:30—10:30 & 17:00—21:00
Thursday	06:30—10:30 & 17:00—21:00
Friday	06:30—10:30 & 18:00—20:00
Saturday	08:00—11:30
Sunday	08:00—11:30

Children can swim at any time in the outdoor pool during opening hours. Swimming rules are to be adhered to at all times.

## Swim School

*(Classes subject to availability, term time only.)*

Parent & Toddler	Wednesday 10:45—11:30
Pre-School (2-3 yrs)	Tuesday & Friday 11:00—11:30 & 11:30—12:00
School (4+ yrs)	Monday, Tuesday, Wednesday & Friday
Group 1: (4-6 yrs)	15:45—16:15
Group 2: (6-7 yrs)	16:15—16:45
Group 3: (7-8yrs)	16:45—17:15
Group 4: (9+ yrs)	17:15—17:45



Private, individual and duo lessons also available for all ages and abilities.

Pick up an application form at reception or for more information email

[swimming@kings.gg](mailto:swimming@kings.gg).

## Relax

Use the Jacuzzi, sauna and steam room to ease aching muscles after your work out or simply to relax and unwind.

## AquaFit

Get fit in the water with our Aquafit classes.

Monday	09:30—10:30
Wednesday	09:30—10:30
Saturday	09:00—10:00