

main pool aquatic programme

Monday 18th April - Sunday 19th June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	0730	0730	0730	0730	0730	0730
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1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
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1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200

AQUA NATAL

Benefit from being in the water with this fantastic and fun form of pregnancy exercise led by the Balfour Hospital Maternity Ward.

AQUA WALKING

the pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

CHILL OUT SESSION

This adult only session has darkened lighting and ambient music for a end of day de-stress.

INFLATABLES 8 - 13 YEAR OLD

The inflatables are for deependers only, the Leisure Pool is also available.

LANE SWIMMING

Sessions will have slow, medium & fast paced lanes available, minimum age is 11 yrs old, must be competent lane swimmer.

MASTERS SWIMMING

Follow a set or take part at your own pace, min age 14+.

POWERSWIM

A 30-minute intense pool workout session for competent adult swimmers.

PUBLIC SWIMMING

A swimming session open to everyone.

SKILLS & DRILLS

For adult swimmers needing some work on technique whilst improving fitness.

THE HUB

Private session for young people.

WELLNESS SESSION

Slower paced session that helps less active swimmers with recovery from illness or injury.

Health Suite (16+ yrs)

Mon, Tue, Thur & Fri:
1000 - 1500, 1600 - 2100
Wed: 1000 - 1500, 1600 - 2030
Thurs: 2100 - 2200 (Ladies Only)
Sat: 1000 - 1300, 1400 - 1900
Sun: 1000 - 1300, 1400 - 1900
Family Session on Sat & Sun from 1000-1300 & 1400 - 1700, 8+yrs minimum. Combined tickets for swim and health suite are available.



leisure pool aquatic programme

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0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
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0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
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1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200



POOL PARTIES ARE BACK!

Book a Main, Leisure or Whole Pool Party

Sundays • 1300 - 1400

Book via reception, two weeks notice required.

www.pickaquoy.co.uk/children/birthday-parties

PARENTS & WEE ONES

A public session allowing parents with babies & toddlers to enjoy the facilities together.



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www.pickaquoy.co.uk