

main pool aquatic programme

Saturday 29th June - Monday 19th August

LEARN TO SWIM WEEKS
 weeks commencing:
 08.07.24, 15.07.24
 & 22.07.24



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	LANE SWIMMING	POWERSWIM	0730	0730	0730	0730
0800	LANE SWIMMING	LANE SWIMMING	0800	LANE SWIMMING	0800	0800
0830	LANE SWIMMING	LANE SWIMMING	0830	LANE SWIMMING	0830	0830
0900	LANE SWIMMING	LANE SWIMMING	0900	LANE SWIMMING	0900	0900
0930	LANE SWIMMING	LANE SWIMMING	0930	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING
1000	LEARN TO SWIM WEEK*	LEARN TO SWIM WEEK*	1000	LEARN TO SWIM WEEK*	1000	1000
1030	PUBLIC SWIM	PUBLIC SWIM	1030	PUBLIC SWIM	FLIPPERS & SNORKEL	LANE SWIMMING
1100	LEARN TO SWIM WEEK*	LEARN TO SWIM WEEK*	1100	LEARN TO SWIM WEEK*	1100	1100
1130	LEARN TO SWIM WEEK*	LEARN TO SWIM WEEK*	1130	LEARN TO SWIM WEEK*	1130	1130
1200	AQUA AEROBICS	AQUA WALKING	1200	WELLNESS SESSION	1200	1200
1230	LANE SWIMMING	LANE SWIMMING	1230	LANE SWIMMING	1230	1230
1300	LANE SWIMMING	LANE SWIMMING	1300	LANE SWIMMING	1300	1300
1330	LANE SWIMMING	LANE SWIMMING	1330	LANE SWIMMING	1330	1330
1400	LANE SWIMMING	LANE SWIMMING	1400	LANE SWIMMING	1400	1400
1430	PUBLIC SWIMMING	WELLNESS SESSION	1430	PUBLIC SWIMMING	1430	1430
1500	PUBLIC SWIMMING	FAMILY FUN SESSION	1500	PUBLIC SWIMMING	1500	1500
1530	WATER WALKERZ & STEPPING STONES	LANE SWIMMING	1530	WATER WALKERZ OR PIRATE AQUARUN	1530	1530
1600	PUBLIC SWIMMING	LANE SWIMMING	1600	WATER WALKERZ OR PIRATE AQUARUN	1600	1600
1630	PUBLIC SWIMMING	LANE SWIMMING	1630	WATER WALKERZ OR PIRATE AQUARUN	1630	1630
1700	PUBLIC SWIMMING	LANE SWIMMING	1700	WATER WALKERZ OR PIRATE AQUARUN	1700	1700
1730	PUBLIC SWIMMING	LANE SWIMMING	1730	WATER WALKERZ OR PIRATE AQUARUN	1730	1730
1800	PUBLIC SWIMMING	LANE SWIMMING	1800	WATER WALKERZ OR PIRATE AQUARUN	1800	1800
1830	PUBLIC SWIMMING	LANE SWIMMING	1830	WATER WALKERZ OR PIRATE AQUARUN	1830	1830
1900	PUBLIC SWIMMING	LANE SWIMMING	1900	WATER WALKERZ OR PIRATE AQUARUN	1900	1900
1930	PUBLIC SWIMMING	LANE SWIMMING	1930	WATER WALKERZ OR PIRATE AQUARUN	1930	1930
2000	PUBLIC SWIMMING	LANE SWIMMING	2000	WATER WALKERZ OR PIRATE AQUARUN	2000	2000
2030	PUBLIC SWIMMING	LANE SWIMMING	2030	WATER WALKERZ OR PIRATE AQUARUN	2030	2030
2100	PUBLIC SWIMMING	LANE SWIMMING	2100	WATER WALKERZ OR PIRATE AQUARUN	2100	2100
2130	PUBLIC SWIMMING	LANE SWIMMING	2130	WATER WALKERZ OR PIRATE AQUARUN	2130	2130
2200	PUBLIC SWIMMING	LANE SWIMMING	2200	WATER WALKERZ OR PIRATE AQUARUN	2200	2200

AQUA AEROBICS

A fun 45-minute dance based fitness class suitable for all abilities.

AQUA NATAL

A 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 an end of day de-stress.

DEEP WATER AEROBICS

A 45-minute exercise to music class in deep water using aqua dumbbells and noodles (shallow water optional).

WELLNESS SESSION

Slower paced session that helps with recovery from illness or injury. Adults only.

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+.

PIRATE AQUARUN / WATERWALKERZ

See pickaquoy.co.uk/swim/pool-fun-sessions/ for latest session. Pirate AquaRun is for Deependers only

FAMILY SENSORY FRIENDLY

A session where the pool environment is adjusted to enhance the sensory experience of kids who may otherwise find it challenging.

AQUA FIT

A conditioning and interval based class in shallow and transitional water, with and without equipment.

PUBLIC SWIMMING

A swimming session open to everyone.

Health Suite (16+ yrs)

Mon & Fri: 1000 - 2030
 Tue: 1000-2000
 Wed: 1000 - 1500, 1530-2030
 Thurs: 1000-2000 (LadiesOnly 2000-2100)
 Sat: 1000 - 1700
 Sun: 1000 - 1900
 Family Session Everyday from 1000-1700, 8+ yrs minimum. Combined tickets for swim and health suite are available.



leisure pool aquatic programme

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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
0800	0800	0800	0800	0800	0800	0800
0830	0830	0830	0830	0830	0830	0830
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
1230	1230	1230	1230	1230	1230	1230
1300	1300	1300	1300	1300	1300	1300
1330	1330	1330	1330	1330	1330	1330
1400	1400	1400	1400	1400	1400	1400
1430	1430	1430	1430	1430	1430	1430
1500	1500	1500	1500	1500	1500	1500
1530	1530	1530	1530	1530	1530	1530
1600	1600	1600	1600	1600	1600	1600
1630	1630	1630	1630	1630	1630	1630
1700	1700	1700	1700	1700	1700	1700
1730	1730	1730	1730	1730	1730	1730
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



BOOK A POOL PARTY!

Book a Main, Leisure or Whole Pool Party

Sundays • 1300 - 1400
Book online, two weeks notice required.

Scan Me!



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

PARENTS & WEE ONES

A dedicated public session allowing parents with babies and toddlers to enjoy the Leisure Pool together with less disruption from older children.



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www.pickaquoy.co.uk