

main pool aquatic programme

Saturday 12 October - Tuesday 29 October

***L2S WEEK**
week commencing:
21.10.24
The pool depth may be shallower during these times



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

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

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

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.

****STAFF TRAINING**
Due to Staff training the following times and lanes in the main pool will be unavailable:
Saturday 12/10 1200-1400 (6 Lanes)
Tuesday 15/10 1200-1400 (6 Lanes)
Friday 18/10 1400-1600 (6 Lanes)
Wed 23/10 0900-1000 (3 Lanes)
Thu 24/10 1200-1400 (3 Lanes)

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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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.

WELLNESS SESSION

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



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