

Invigor SWIM TIMETABLE

Guinea Gap Leisure Centre

Christmas and New Year Holiday Programme

Monday 23rd December 2019 – Friday 3rd January 2020

Leisure Pool

Monday

9:00am - 11:30am Public Swim
12.00noon – 1:30pm Adult Swim
2:00pm – 5:00pm Public Swim
5:30pm – 7:00pm Family Swim*
7:15pm-8:00pm Aqua Zumba

Tuesday (Christmas Eve)

9:00am - 11:30am Public Swim
12.00noon – 1:30pm Adult Swim
2:00pm – 3:00pm Public Swim

Wednesday Thursday Friday Closed

Saturday & Sunday

8:15am – 11:00am Family Swim*
11:00am – 3:00pm Public Swim

Monday Tuesday Wednesday Closed

Thursday 2nd January

9:00am - 11:30am Public Swim
12.00noon – 1:30pm Adult Swim
2:00pm – 5:00pm Public Swim
5:30pm – 7:00pm Family Swim*

Friday

9:00am - 11:30am Public Swim
12noon – 1:30pm Adult Swim
2:00pm– 5:00pm Public Swim
5:30pm–7:00pm Family Swim*
7:30pm- 8:15pm Aqua Zumba

Children under **4 years** must be accompanied in the water by a responsible adult on a **One to One** basis.

Children aged **4 - 7 years** must be accompanied by a responsible adult in the water on a **Two Children to One Adult** basis.

Training Pool

Monday

7:00am –8:00am Fitness Lane Swim
8.00am – 9:00am Adult Swim
12:00noon – 2:00pm Adult Swim
4:00pm – 6:30pm Adult Swim
7:30pm-8:30pm Swim Fit

Tuesday (Christmas Eve)

7:00am –8:00am Fitness Lane Swim
8.00am – 9:00am Adult Swim
12:00noon – 2:00pm Adult Swim

Wednesday Thursday Friday Closed

Saturday

8:15am – 9:00am & 1:00pm – 3:00pm Adult Swim

Sunday

8:15am – 10:30am & 12noon – 3:00pm Adult Swim

Monday Tuesday Wednesday Closed

Thursday 2nd January

7:00am –8:00am Fitness Lane Swim
8.00am – 9:00am Adult Swim
10:30am-11:15am Aqua Zumba
12:00noon – 2:00pm Adult Swim
4:00pm – 6:30pm Adult Swim

Friday

7:00am –8:00am Fitness Lane Swim
8.00am – 9:00am Adult Swim
12:00noon – 2:00pm Adult Swim
4:00pm – 6:30pm Adult Swim

Adults and Juniors using this pool should be aware that they must swim Lengths at all times

Training Pool Swimming:

Adult & Junior Swimmers using this pool should be aware that they are required to swim lengths at all times.