



Cedars Sports Swimming Timetable

Sessions
Adults Only - over 16s only, or children able to swim continuously.
Lane Swim/Recreational Swim - lane rope, half the pool for lane swimming. Children aged 9 and over may use the Cedars Pool during these times and Family Swim sessions. Younger children may use the pool during these sessions if they are able to swim a length (30m) unaided, which is in line with the Swim England Stage 4 Award.
All Age Family Swim - to enable families with mixed ages and abilities enjoy a swim together. Sessions will also take place every Wednesday between 3.00-4.30pm during school holidays.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6.30am	Lane Swimming Adults Only	Lane Swimming Adults Only	Lane Swimming Adults Only	Lane Swimming Adults Only	Lane Swimming Adults Only	Closed	Closed	6.30am				
7.00am								7.00am				
7.30am								7.30am				
8.00am					Lane Swim/Recreational Swim	Lane Swimming Adults Only	Aqua Class 9.00-9.45am	Lane Swim/Recreational Swim	Lane Swim/Recreational Swim ~~~~~ Recreational Swim - Half Pool	8.00am		
8.30am										8.30am		
9.00am										9.00am		
9.30am	Lane Swim/Recreational Swim	Lane Swim/Recreational Swim	Lane Swim/Recreational Swim	Lane Swim/Recreational Swim	Group Lessons 9.30am-2.00pm ~~~~~ Recreational Swim - Half Pool	Lane Swim/Recreational Swim	9.30am					
10.00am							10.00am					
10.30am							10.30am					
11.00am							11.00am					
11.30am							Aqua Class 11.30am-12.15pm	Aqua Class 11.30am-12.15pm	11.30am			
12.00pm							12.00pm					
12.30pm							12.30pm					
1.00pm	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming ~~~~~ 1 to 1 Lessons 2.00-6.00pm Lane for Lessons	Lane Swimming	1.00pm				
1.30pm								1.30pm				
2.00pm								2.00pm				
2.30pm								2.30pm				
3.00pm	Lane Swim/Recreational Swim	Recreational Swim Lessons 4.00-7.00pm	Recreational Swim Lessons 3.00-6.00pm	Lane Swim/Recreational Swim	Recreational Swim Lessons 3.00-7.00pm	All Age Family Swim 3.00-4.30pm	All Age Family Swim 3.00-4.30pm	3.00pm				
3.30pm								3.30pm				
4.00pm								4.00pm				
4.30pm						Recreational Swim	Lane Swim/Recreational Swim	Lane Swim/Recreational Swim	Lane Swimming	Closed	Closed	4.30pm
5.00pm												5.00pm
5.30pm	5.30pm											
6.00pm	Lane Swimming	Lane Swimming	Junior Swim Training 6.00-6.45pm	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	6.00pm				
6.30pm			Swimming Training 7.00-8.00pm					6.30pm				
7.00pm			Lane Swimming					Closed	Closed	7.00pm		
7.30pm										7.30pm		
8.00pm						8.00pm						
8.30pm						8.30pm						
9.00pm			Closed			Closed	Closed	Closed	9.00pm			
9.30pm									9.30pm			
10.00pm	10.00pm											

For children under 4 years old, the Crèche offers a range of activities that encourage children to learn through play, build their own self-confidence and embrace their individuality. For further information and to book,