



Kendal Road, Giggleswick,
 Settle, North Yorkshire BD24 0BU



SUMMER SCHOOL HOLIDAYS SWIMMING TIMETABLE (28th August - 3rd September 2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Lane Swim (3 lanes) 6.30am - 9.15am	Children's Intensive Swimming Lessons 9.30am - 10.30am	Aqua Aerobics/Early Lane Swim (Half Pool) 7.15am - 8.00am	Early Lane Swim (3 lanes) 6.30am - 9.00am	Children's Intensive Swimming Lessons 9.00am - 10.15am	Early Lane Swim (3 lanes) 7.00am - 9.15am	Public Swim 10.30am - 12.30pm
Settle Area Silver Swimmers 9.15am - 10.15am	Baby Swimming (Drop-in Session) & Public Swim 10.30am - 11.00am	Lane Swim 8.00am - 9.30am	Senior Swim 9.00am - 10.00am	Public Swim & Settle Area Splashing Tots 10.15am - 11.45pm	Settle Area Disabled Club 9.15am - 10.15am	Private Hire/Party 12.45pm - 1.45pm
Public Swim 10.15am - 11.15am	Aqua Aerobics & Public Swim 11.00am - 11.45am	Children's Intensive Swimming Lessons 9.30am - 10.30am	Children's Intensive Swimming Lessons 10.00am - 11.00am	Lane Swim (3 lanes) 12.00pm - 13.00pm	Public Swim 10.30am - 12.45pm	Public Swim 2.00pm - 4.30pm
Gentle Exercise & Swim Session 11.15am - 12.30pm	Public Swim 11.45am - 12.30pm	Senior Swim 10.30am - 11.30am	Public Swim 11.00am - 12.30pm	Aqua Aerobics 13.15pm - 2.00pm	Private Hire/Party 1.00pm - 2.00pm	
Lane Swim (3 lanes) 12.30pm - 1.30pm	Lane Swim (3 lanes) 12.30pm - 2.00pm	NHS GP Hydrotherapy Referrals 11.30am - 12.30pm	Lane Swim (3 lanes) 12.30am - 2.00pm	Swim Fitness Class (Adults - 1 lane) 2.00pm - 3.00pm	Inflatable Fun Session 2.15pm - 4.30pm	
Public Swim 1.30pm - 5.00pm	Public Swim 2.00pm - 5.00pm	Gentle Exercise & Swim Session 12.30pm - 1.30pm	Inflatable Fun Session 2.15pm - 4.45pm	Public Swim 2.00pm - 5.00pm		
Tea Time Half Price Swim 5.00pm - 6.00pm	Tea Time Half Price Swim 5.00pm - 6.00pm	Public Swim 1.30pm - 5.00pm	Tea Time Half Price Swim 5.00pm - 6.30pm	Swim Fitness Class (Juniors & Teenagers) & Tea Time Half Price Swim 5.00pm - 6.30pm		
Adults Only 6.00pm - 9.00pm	Adult Improvers Lane Swim 6.00pm - 7.00pm	Tea Time Half Price Swim 5.00pm - 6.00pm	Settle Stingrays 6.30pm - 8.30pm	Family Swim 6.30pm - 8.15pm		
	Aqua Aerobics 7.00pm - 7.45pm	Ladies Only 6.00pm - 8.00pm				
		Adults Only 8.00pm - 9.00pm				

General Rules

In an attempt to keep our pool clean to the highest standards, chemical usage to a minimum all swimmers **MUST** shower thoroughly before entering the pool. Please ensure all children use the toilet and blow their noses before entering the pool and swim nappies are used when required. If anyone has experienced **ANY** sickness or diarrhoea, in the last 48 hours, you **MUST NOT** swim for at least 14 days after complete recovery. Children under the age 4 years old must be accompanied by one adult to one child. Children under the age of 8 years old must be accompanied by one adult to two children. Non and weak swimmers must be accompanied at all times and must remain in the areas where they can stand or within arms reach of a responsible adult. Armbands are not permitted in the deep end. Families only session must be adults and children **IN** the water. To attend the ladies only and adult sessions you must be over the age of 16 years. Public/lane swim session = One area of pool marked for lane swimmers, remaining area of pool for other swimmers. Last admission time for a session is 30 minutes before the end of the session. The pool hall must not be entered until the time of the session you are attending. We reserve the right to amend the timetable at short notice.