

Term Time

	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
MONDAY			Adults Swim & Toddler's Splash Hydro Power	Swimming Lessons	Everyone Welcome					Junior Swimming Lessons (Pool Closed)		Ladies only Fitness Swim Hydro Bump	Aquacise Pool Closed		Fitness Swim	
TUESDAY		Disability Swim	Adults Swim & Toddler's Splash	Swimming Lessons	Ladies only Swim	Everyone Welcome				Junior Swimming Lessons (Pool Closed)		Everyone Welcome	Adult Swimming Lessons		Fitness Swim	
WEDNESDAY			Adults Swim & Toddler's Splash Hydro Power	Swimming Lessons	Everyone Welcome					Junior Swimming Lessons (Pool Closed)		Everyone Welcome	Fitness Swim		Pool Closed Staff Training	
THURSDAY			Adults Swim & Toddler's Splash	Swimming Lessons	Aquacise	Everyone Welcome	Schools (Pool Closed)			Junior Swimming Lessons (Pool Closed)		Everyone Welcome			Fitness Swim	
FRIDAY			Adults Swim & Toddler's Splash Hydro Power	Swimming Lessons	Everyone Welcome	Schools (Pool Closed)	Schools (Pool Closed)	Pool Closed	Disney Fun Session (Pool Closed)	Make a Splash					Pool Closed	
SATURDAY			Junior Swimming Lessons (Pool Closed)	Make a Splash	Make a Splash	Make a Splash	Big Waves			Disability Swim		Hire Me For Only £350				
SUNDAY			Junior Swimming Lessons (Pool Closed)	Make a Splash	Make a Splash	Make a Splash	Big Waves					Fitness Swim				

Schools Out

	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
MONDAY			Adults Swim Acorn Club	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Ladies only Fitness Swim Hydro Bump	Aquacise Pool Closed		Fitness Swim
TUESDAY			Adults Swim Acorn Club	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Everyone Welcome		Fitness Swim	
WEDNESDAY			Adults Swim Acorn Club	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Everyone Welcome	Fitness Swim		Pool Closed Staff Training
THURSDAY			Adults Swim Acorn Club	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Everyone Welcome		Fitness Swim	
FRIDAY			Adults Swim Acorn Club	Disney Fun Session (Pool Closed)	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Pool Closed
SATURDAY				Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Disability Swim		Hire Me For Only £350		
SUNDAY				Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Make a Splash - Big Waves 3-4pm	Fitness Swim			

- **Adults Swim & Toddler Splash** – Deep Water Swimming & Parent and Toddler shallow water swim with a variety of toys available to help build confidence whilst having fun! Warm water all year round.
- **Hydro Power** – A water based energetic class using a variety of exercises to target every area of your body, with your weight supported in the water. Using a range of equipment to upbeat music.
- **Make a splash** – Escape to our Tropical Beach Pool – Surf the waves and dare to ride the Typhoon and Twister flumes. Floats, features and waves available all day. (The flumes close a maximum of 1 hour before the end of the session)
- **Everyone welcome** – With a regulated temperature set at 30 degrees the pool is ideal for all ages. No floats and waves during swimming lessons
- **Fitness Swim (Adults only)** – Did you know regular swimming can reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke? It can also boost your mood and keep your weight under control. You would need to complete 129 widths to swim a mile! **Are you up for the challenge?**
- **Swimming Lessons** – Learn to swim with our Swimming Academy from ages 4 months + Free swimming all year round for those on direct debit scheme! Email swimacademy@gcll.co.uk
- **Private Hire** – Do you want your own make a splash session? Great for birthdays and group sessions. Email info@gcll.co.uk for more info!
- **Disability Swim** – Free swimming on these sessions for Sportslink members.
- **Poolside Café & Viewing Area** – Have something healthy from our menu or treat yourself to a chip after your dip!
- **Disney*Pixar Themed** – Toy Story 4 inspired fun session. 45 minutes of fun and exciting activities based on core aquatic skills for 3-11 year olds. Booking is essential, please go to our website. The pool will be closed for general swimming.

Under 8s must be accompanied by an Adult aged 18 years and over. Maximum of 2 under 8s per Adult.

From goggles to woggles a selection of swimwear and equipment are available to buy in Reception. Large Family and Baby changing cubicles available

Lockers: A non-refundable 20 pence is needed

Timetable correct as of January 2019, please check at Reception or online for any changes

www.gcll.co.uk



Cascades **SWIMMING**
timetable