

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAYTIME SESSIONS (06:00 - 16:00)						
06:00 - 08:30 50M LANE SWIM SHALLOW & DEEP END	06:00 - 08:30 50M LANE SWIM SHALLOW & DEEP END	06:00 - 07:00 25M GENERAL SWIM SHALLOW	06:00 - 08:30 50M LANE SWIM SHALLOW & DEEP END	06:00 - 08:00 50M LANE SWIM SHALLOW & DEEP END	09:00 - 11:00 50M LANE SWIM DEEP	07:00 - 11:00 25M LANE SWIM DEEP
09:00 - 17:00 25M GENERAL SWIM DEEP	09:00 - 17:00 25M GENERAL SWIM DEEP	06:00 - 09:00 25M LANE SWIM SHALLOW	09:00 - 17:00 25M GENERAL SWIM DEEP	08:30 - 17:00 25M GENERAL SWIM DEEP	11:30 - 14:00 FAMILY SWIM SHALLOW	11:30 - 14:00 FAMILY SWIM SHALLOW
09:00 - 17:00 25M LANE SWIM DEEP	09:00 - 17:00 25M LANE SWIM DEEP	08:00 - 14:00 25M GENERAL SWIM SHALLOW (until 9:00) DEEP (after 09:00)	09:00 - 17:00 25M LANE SWIM DEEP	08:30 - 17:00 25M LANE SWIM DEEP	11:30 - 16:00 25M LANE SWIM SHALLOW	11:30 - 17:00 50M LANE SWIM SHALLOW & DEEP END
		09:00 - 14:00 25M LANE SWIM DEEP			14:00 - 16:30 25M GENERAL SWIM SHALLOW	14:00 - 17:00 25M GENERAL SWIM SHALLOW
EVENING SESSIONS (16:00 - 22:30)						
17:00 - 22:30 25M LANE SWIM SHALLOW	17:00 - 21:00 25M LANE SWIM SHALLOW	16:00 - 18:00 25M GENERAL SWIM DEEP	17:00 - 22:30 25M LANE SWIM SHALLOW	17:00 - 22:30 25M LANE SWIM SHALLOW	16:00 - 18:00 25M LANE SWIM SHALLOW	
21:30 - 22:30 25M GENERAL SWIM SHALLOW		16:00 - 18:00 25M LANE SWIM DEEP		21:00 - 22:30 25M GENERAL SWIM SHALLOW		
		20:30 - 22:30 50M LANE SWIM SHALLOW & DEEP	Swimming for non-members is changing! Head to surreysportspark.co.uk/swimming to find out more.			

Shallow - 0.9/1.25 dropping to 2m Deep - 2.00m

GENERAL SWIMMING

Swimming for all ages and abilities. A minimum of 3 lanes for lane swimming, plus a general swimming area.

LANE SWIMMING

Lane sessions only with up to 4 lanes available.

FAMILY/OPEN SWIMMING

Swimming for all ages and abilities. Lane swimming cannot be guaranteed in all Open swimming sessions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSIONS (06:30 - 12:30)						
09:00 - 09:45 AQUA FIT Swimming Pool Caroline Crowe	09:00 - 10:00 YOGA Studio B Emily Etheridge	07:00 - 08:00 YOGA Studio B Jody Thompson	09:30 - 10:30 PILATES Studio A Anita Szucs	09:10 - 10:10 YOGA Wellbeing Studio Lucy Butler		09:00 - 10:00 YOGA Wellbeing Studio Jody Thompson
10:00 - 10:45 AQUA FIT Swimming Pool Caroline Crowe	11:00 - 11:45 SLOW FLOW YOGA Wellbeing Studio Emily Young	11:00 - 11:55 PILATES Studio A Bryan Evans	11:00 - 12:00 POWER YOGA Wellbeing Studio Anita Szucs	10:05 - 11:00 AQUA FIT Swimming Pool Tamara Smith		10:50 - 11:45 BODY BALANCE Studio A + B Sonya Turpin
10:45 - 11:45 SLOW FLOW YOGA Wellbeing Studio Emily Etheridge	11:00 - 11:55 BODY BALANCE Studio B Jenny Hogg	11:00 - 11:55 MINDFUL FLOW Studio B Wendy Taylor		11:00 - 11:55 PURE STRETCH Studio B Katharine Gervasio		
12:00 - 12:45 POWER YOGA Wellbeing Studio Emily Etheridge	12:00 - 13:00 YOGA FLOW Wellbeing Studio Emily Young	11:30 - 12:25 AQUA FIT Swimming Pool Jane Christie				
LUNCHTIME SESSIONS (12:30 - 16:30)						
	13:00 - 13:55 PILATES Studio B Shanon Ayre	12:45 - 13:30 SWIM FIT Swimming Pool	12:30 - 13:30 YOGA FLOW Wellbeing Studio Anita Szucs	13:05 - 14:00 BODY BALANCE Studio A Sarah Harris		
		15:15 - 16:15 YOGA Wellbeing studio Emily Etheridge	12:45 - 13:30 AQUA ZUMBA Swimming Pool Caroline Crowe	13:30 - 14:25 PILATES Studio B Jenny Hogg		
EVENING SESSIONS (17:00 - 21:00)						
19:15 - 20:15 SWIM FIT Swimming Pool		19:15 - 20:15 YOGA Wellbeing Studio Philippa Vince	19:00 - 19:55 BODY BALANCE Studio A Sarah Harris	19:00 - 20:00 VINYASA YOGA Studio B Emily Young & Jody Thompson		18:00 - 19:00 SLOW FLOW YOGA Wellbeing Studio Joanne Watkins
20:00 - 20:55 BODY BALANCE Studio A + B Cass Rix		20:00 - 20:45 BODY BALANCE Studio B Freya Hodgkin	NON-MEMBER PRICES Wellbeing Classes - Range between £6.20 - £8.10 Aqua Classes - Range between £6.20 - £6.50 MEMBER PRICES Wellbeing Classes - FREE Aqua Classes - FREE Please check our website for all exclusions.			
		20:30 - 21:15 AQUA FIT Swimming Pool Tamara Smith				