

# SWIMMING

## Summer Timetable 19<sup>th</sup> – 30<sup>th</sup> July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAYTIME SESSIONS (06:00 - 15:00)</b>						
06:00 - 08:30 <b>3 x LANE SWIM</b> 2.0 Metres (50m pool)  SHALLOW & DEEP END	06:00 - 08:30 <b>3 x LANE SWIM</b> 2.0 Metres (50m pool)  SHALLOW & DEEP END	06:00 - 09:00 <b>GENERAL LANE SWIM</b> 1.25/2.0 Metres (25m pool)  SHALLOW END	06:00 - 08:30 <b>3 x LANE SWIM</b> 2.0 Metres (50m pool)  SHALLOW & DEEP END	06:00 - 08:00 <b>3 x LANE SWIM</b> 2.0 Metres (50m pool)  SHALLOW & DEEP END	09:00 - 11:00 <b>3 x LANE SWIM</b> 2.0 Metres (50m pool)  SHALLOW & DEEP END	07:00 - 11:00 <b>4 x LANE SWIM</b> 2.0 Metres (25m pool)  SHALLOW END
09:00 - 16:00 <b>GENERAL LANE SWIM</b> 2.0 Metres (25m pool)  DEEP END	09:00 - 16:00 <b>GENERAL LANE SWIM</b> 2.0 Metres (25m pool)  DEEP END	09:00 - 14:00 <b>GENERAL LANE SWIM</b> 2.0 Metres (25m pool)  DEEP END	09:00 - 16:00 <b>GENERAL LANE SWIM</b> 2.0 Metres (25m pool)  DEEP END	08:30 - 16:00 <b>GENERAL LANE SWIM</b> 2.0 Metres (25m pool)  DEEP END	13:00 - 15:00 <b>FAMILY SWIM</b> 1.0/2.0 Metres (25m pool)  SHALLOW END	11:30 - 17:00 <b>4 x LANE SWIM</b> 1.25/2.0 Metres (50m pool)  SHALLOW & DEEP END
<b>EVENING SESSIONS (15:00 - 22:30)</b>						
	19:00 - 21:00 <b>4 x LANE SWIM</b> 2.0 Metres (25m pool)  SHALLOW END	20:30 - 22:30 <b>4 x LANE SWIM</b> 1.25/2.0 Metres (50m pool)  SHALLOW & DEEP END	19:00 - 22:30 <b>4 x LANE SWIM</b> 2.0 Metres (25m pool)  SHALLOW END	19:00 - 21:00 <b>4 x LANE SWIM</b> 2.0 Metres (25m pool)  SHALLOW END	15:00 - 18:00 <b>GENERAL LANE SWIM</b> 1.25/2.0 Metres (25m pool)  SHALLOW END	
21:30 - 22:30 <b>GENERAL LANE SWIM</b> 1.25/2.0 Metres (25m pool)  SHALLOW END	21:00 - 22:30 <b>GENERAL LANE SWIM</b> 1.25/2.0 Metres (25m pool)  SHALLOW END			21:00 - 22:30 <b>GENERAL LANE SWIM</b> 1.25/2.0 Metres (25m pool)  SHALLOW END		
<p>Our swimming timetable is set between certain dates, therefore does not include events and closures. Please check our website for any exclusions to the times above at: <a href="https://www.surreysportspark.co.uk/home/visitor-information/programme-timetable-changes/">https://www.surreysportspark.co.uk/home/visitor-information/programme-timetable-changes/</a></p> <p>Our shallow end offers 12 metres of shallow water before a ramp that leads down to 2 metres in depth.</p> <p>Aqua Jogging is not permitted during single lane swimming sessions. We offer double lane and general swim sessions where aqua jogging is permitted. Please see above for lane descriptions.</p>						

### GENERAL LANE SWIMMING

An open space with a minimum of 3 lanes in width, whilst still offering at least 3 lanes for lane swimming including a double width slow

### 4 x LANE SWIMMING

Strictly lane swimming with a double width lane for slow swimming as well as normal medium and fast lanes

### FAMILY/OPEN SWIMMING

Swimming for all ages and abilities. Lanes will also be delegated for lane swimming in the pool during these times.

### 3 x LANE SWIMMING

Our 3 x Lane Swimming session offers 3 lanes to the public with a slow, medium and fast paced lanes with directional guidance

### General Swim

This is swimming for all ages and abilities. We give an open space with a minimum of 3 lanes in width