

HOLIDAY | WEEKDAY

06.00 - 09.30: ADULTS SESSION
09.30 - 12.30: OPEN SESSION
12.30 - 14.00: ADULTS SESSION
14.00 - 20.00: OPEN SESSION
20.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)

09.30 - 15.30: OPEN SESSION
15.30 - 16.30: FUN SESSION
16.30 - 20.00: OPEN SESSION
20.00 - 22.00: ADULTS SESSION

HOLIDAY | WEEKEND

06.00 - 09.30: ADULTS SESSION
09.30 - 14.30: OPEN SESSION
14.30 - 16.30: FUN SESSION
16.30 - 20.00: OPEN SESSION
20.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)

09.30 - 12.30: FUN SESSION
12.30 - 20.00: OPEN SESSION

Please note that the Outdoor Pool opens at 07.30am on Sundays

SWIMMING LESSONS

The success of swimming lessons, whether for children or adults depends on confidence, and that is where our swimming instructors concentrate their efforts from the start. The indoor pool is one depth, which is also perfect for learning to swim.

Our ASA qualified swimming instructors offer individual, paired and small group lessons.

Lessons must be booked as a course. Courses vary in length according to term length.

Lessons are 30 minutes, priced per lesson:

Individual: £19.50 per class or £140.00 for 8 weeks

Paired: £13.00 per person or £92.00 for 8 weeks

Group: £72.00 per person for 8 weeks

Pre School: £64.00 per person for 8 weeks

Squad Training: £84.00 per person for 8 weeks

HOLIDAY DATES 2018

Please note that Holiday Club make use of the indoor pool from every afternoon during the school holidays.

Holiday times run in accordance with the Devon County Council school calendar.

For all swimming lesson enquiries please contact our Head of Swimming, Dan Shiguemiti on:

E: dan@exetergcc.co.uk

T: 01392 874139



POOL
TIMETABLE

HOLIDAY &
TERM TIME

EXETER
GOLF AND
COUNTRY
CLUB

MONDAY

06.00 - 10.00: ADULTS SESSION
10.00 - 12.00: OPEN SESSION
12.00 - 14.00: ADULTS SESSION
14.00 - 15.00: PARENT AND TODDLER
15.00 - 19.00: OPEN SESSION
19.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)
10.00 - 19.00: OPEN SESSION

TUESDAY

06.00 - 10.00: ADULTS SESSION
10.00 - 11.00: PARENT AND TODDLER
11.00 - 12.00: OPEN SESSION
12.00 - 15.00: ADULTS SESSION
15.00 - 19.00: OPEN SESSION
19.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)
10.00 - 19.00: OPEN SESSION

WEDNESDAY

06.00 - 10.00: ADULTS SESSION
10.00 - 12.00: OPEN SESSION
12.00 - 14.00: ADULTS SESSION
14.00 - 15.00: PARENT AND TODDLER
15.00 - 19.00: OPEN SESSION
19.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)
10.00 - 19.00: OPEN SESSION

THURSDAY

06.00 - 10.00: ADULTS SESSION
10.00 - 11.00: PARENT AND TODDLER
11.00 - 12.00: OPEN SESSION
12.00 - 15.00: ADULTS SESSION
15.00 - 19.00: OPEN SESSION
19.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)
10.00 - 19.00: OPEN SESSION

FRIDAY

06.00 - 10.00: ADULTS SESSION
10.00 - 12.00: OPEN SESSION
12.00 - 14.00: ADULTS SESSION
14.00 - 15.00: PARENT AND TODDLER
15.00 - 19.00: OPEN SESSION
19.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)
10.00 - 19.00: OPEN SESSION

SATURDAY

06.00 - 09.30: ADULTS SESSION
09.30 - 14.30: OPEN SESSION
14.30 - 16.30: FUN SESSION
16.30 - 20.00: OPEN SESSION
20.00 - 22.00: ADULTS SESSION

OUTDOOR POOL (as above, except:)
10.30 - 12.30: FUN SESSION
12.30 - 20.00: OPEN SESSION

SUNDAY

06.00 - 09.30: ADULTS SESSION
09.30 - 14.30: OPEN SESSION
14.30 - 16.30: FUN SESSION
16.30 - 20.00: OPEN SESSION
20.00 - 22.00: ADULTS SESSION

OUTDOOR POOL FROM 07.30 (as above, except:)
10.30 - 12.30: FUN SESSION
12.30 - 20.00: OPEN SESSION

POOL RULES

- Aqua Aerobics classes take place indoors on:
Monday: 12.00 - 12.45
Thursday: 19.45 - 20.30
- Children's swimming lessons take place during adult swim sessions during the week
- Children under the age of 8 must be accompanied by an adult in the water at all times and children under the age of 12 must be supervised by an adult from poolside at all times
- Children over the age of 5 are not permitted in changing rooms of the opposite sex
- Adult swimming applies to those age 18+
- The sauna, steam room and Jacuzzi are for those age 16+ only
- An adult lane will be in use during Parent and Toddler sessions