

# SWIMMING POOL TIMETABLE - HOLIDAY TIME

WEEKDAY	WEEKEND
INDOOR POOL	INDOOR POOL
06.00 - 09.30 ADULTS SESSION	06.00 - 09.30 ADULTS SESSION
09.30 - 12.30 OPEN SESSION	09.30 - 14.30 OPEN SESSION
12.30 - 14.00 ADULTS SESSION	
Pool closed between 12.30-13.15 for Aqua Aerobics	14.30 - 16.30 FUN SESSION
14.00 - 20.00 OPEN SESSION	16.30 - 20.00 OPEN SESSION
20.00 - 22.00 ADULTS SESSION	20.00 - 22.00 ADULTS SESSION

WEEKDAY	WEEKEND
OUTDOOR POOL	OUTDOOR POOL
06.00 - 09.30 ADULT SESSION	06.00 - 09.30 ADULT SESSION
09.30 - 15.30 OPEN SESSION	09.30 - 12.30 FUN SESSION (summer only)
15.30 - 16.30 FUN SESSION (summer only)	12.30 - 20.00 OPEN SESSION
16.30 - 20.00 OPEN SESSION	
20.00 - 22.00 ADULTS SESSION	20.00 - 22.00 ADULTS SESSION

## HOLIDAY DATES 2019/20

26th July 2019 - 1st September 2019

19th October 2019 - 27th October 2019

21st December 2019 - 5th January 2020

15th February 2020 - 23rd February 2020

28th March 2020 - 13th April 2020

23rd May 2020 - 31st May 2020

## SWIMMING LESSONS

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.

Ind: £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

To book, contact [dan@exetergcc.co.uk](mailto:dan@exetergcc.co.uk)



EXETER  
GOLF AND  
COUNTRY  
CLUB

# SWIMMING POOL TIMETABLE - TERM TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR POOL	INDOOR POOL	INDOOR POOL	INDOOR POOL	INDOOR POOL	INDOOR POOL	INDOOR POOL
06.00 - 10.00 ADULTS SESSION	06.00 - 10.00 ADULTS SESSION	06.00 - 10.00 ADULTS SESSION	06.00 - 10.00 ADULTS SESSION	06.00 - 10.00 ADULTS SESSION	06.00 - 09.30 ADULTS SESSION	06.00 - 09.30 ADULTS SESSION
10.00 - 12.00 OPEN SESSION	10.00 - 12.00 OPEN SESSION	10.00 - 12.00 OPEN SESSION	10.00 - 12.00 OPEN SESSION	10.00 - 12.00 OPEN SESSION	09.30 - 14.30 OPEN SESSION	09.30 - 14.30 OPEN SESSION
12.00 - 14.00 ADULTS SESSION	Turtle Tots lessons take place between 10.00 - 12.00	12.00 - 14.00 ADULTS SESSION	12.00 - 15.00 ADULTS SESSION	Turtle Tots lessons take place between 10.00 - 12.00	14.30 - 16.30 FUN SESSION	14.30 - 16.30 FUN SESSION
Pool closed between 12.00 - 12.45 for Aqua Aerobics	12.00 - 15.00 ADULTS SESSION		15.00 - 19.00 OPEN SESSION	12.00 - 15.00 ADULTS SESSION		
14.00 - 19.00 OPEN SESSION	15.00 - 19.00 OPEN SESSION	14.00 - 19.00 OPEN SESSION	Aqua Aerobics takes place between 19.45 - 20.45	14.00 - 19.00 OPEN SESSION	16.30 - 20.00 OPEN SESSION	16.30 - 20.00 OPEN SESSION
19.00 - 22.00 ADULTS SESSION	19.00 - 22.00 ADULTS SESSION	19.00 - 22.00 ADULTS SESSION	19.00 - 22.00 ADULTS SESSION	19.00 - 22.00 ADULTS SESSION	20.00 - 22.00 ADULTS SESSION	20.00 - 22.00 ADULTS SESSION
OUTDOOR POOL	OUTDOOR POOL	OUTDOOR POOL	OUTDOOR POOL	OUTDOOR POOL	OUTDOOR POOL	OUTDOOR POOL
06.00 - 10.00 ADULT SESSION	06.00 - 10.00 ADULT SESSION	06.00 - 10.00 ADULT SESSION	06.00 - 10.00 ADULT SESSION	06.00 - 10.00 ADULT SESSION	06.00 - 09.30 ADULT SESSION	06.00 - 09.30 ADULT SESSION
10.00 - 19.00 OPEN SESSION	10.00 - 19.00 OPEN SESSION	10.00 - 19.00 OPEN SESSION	10.00 - 19.00 OPEN SESSION	10.00 - 19.00 OPEN SESSION	19.30 - 20.00 OPEN SESSION	19.30 - 20.00 OPEN SESSION
19.00 - 22.00 ADULT SESSION	19.00 - 22.00 ADULT SESSION	19.00 - 22.00 ADULT SESSION	19.00 - 22.00 ADULT SESSION	19.00 - 22.00 ADULT SESSION	20.00 - 22.00 ADULT SESSION	20.00 - 22.00 ADULT SESSION

**POOL RULES - PLEASE CHECK OUR ETIQUETTE GUIDR FOR MORE INFORMATION**

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's swimming lessons take place during adult swim sessions during the week. Children over the age of 5 are not permitted in changing rooms of the opposite sex. The sauna, steam room and Jacuzzi are for those age 16+ only.