

Motcombe Pool Timetable from 1st April 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7 - 8 am	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	CLOSED	CLOSED	7 - 8 am	
8 - 9 am									
9 - 10 am	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	OAP's ONLY	GENERAL SWIM	PRIVATE HIRE	GENERAL SWIM	9 - 10 am	
10 - 11 am	LESSONS DWO SWIM	LESSONS DWO SWIM	LESSONS DWO SWIM					LESSONS DWO SWIM	
11 am-12 pm	GENERAL SWIM	REHAB	PARENT & BABY DWO SWIM	REHAB	PARENT & BABY DWO SWIM	GENERAL SWIM			11 am-12 pm
12 - 1 pm	ESPERANCE REHAB	GENERAL SWIM *	PARENT & BABY FUN SESSION		AQUA AEROBICS				
1 - 2 pm	ADULTS ONLY *			GENERAL SWIM	GENERAL SWIM *	REHAB	GENERAL SWIM	PARTY BOOKINGS	1 - 2 pm
2 - 3 pm	GENERAL SWIM				GENERAL SWIM *	GENERAL SWIM	CLOSED	2 - 3 pm	
3 - 4 pm		AQUA AEROBICS	ESPERANCE REHAB		ADULTS ONLY *		FUN SESSION	SOVEREIGN DISABLED CLUB	3 - 4 pm
4 - 5 pm	DWO LESSONS	DWO LESSONS	LESSONS	LESSONS	GENERAL SWIM	CLOSED		4 - 5 pm	
5 - 6 pm					GENERAL SWIM *			CCBN	5 - 6 pm
6 - 7 pm							CLOSED	6 - 7 pm	
7 - 8 pm	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	CLOSED				7 - 8 pm

Pool Ratio: Children aged 0 - 7 must be accompanied by an adult (16 years and over) on a 1:2 ratio.

* = indicates when the steps are in.

Motcombe Pool, Motcombe Road, Eastbourne, BN21 1PU - 01323 41074 8

www.sporteastbourne.com/motcombepool

For more information, call 01323 649214 or go to:  **SPORT EASTBOURNE**
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