

# Motcombe Pool Timetable from 24th May 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	OVER 50'S SWIM	GENERAL SWIM	AVAILABLE TO HIRE	GENERAL SWIM	9 - 10 am
10 - 11 am	LESSONS DWO SWIM	LESSONS DWO SWIM	LESSONS DWO SWIM			JAN BRUCE REHAB		ADULT LESSONS PARENT & BABY DWO SWIM
11 am-12 pm	GENERAL SWIM	JAN BRUCE REHAB	PARENT & BABY DWO SWIM	JAN BRUCE REHAB	ADULT LESSONS PARENT & BABY DWO SWIM	GENERAL SWIM		11 am-12 pm
12 - 1 pm	ESPERANCE REHAB	GENERAL SWIM *	PARENT & BABY FUN SESSION	GENERAL SWIM *	AQUA AEROBICS			GENERAL SWIM
1 - 2 pm	ADULTS ONLY *		GENERAL SWIM		GENERAL SWIM	JAN BRUCE REHAB	AVAILABLE TO HIRE	
2 - 3 pm	GENERAL SWIM	AQUA AEROBICS	ESPERANCE REHAB	GENERAL SWIM	GENERAL SWIM *	FUN SESSION	SOVEREIGN DISABLED CLUB	
3 - 4 pm					ADULTS ONLY *			ADULTS ONLY *
4 - 5 pm	LESSONS DWO	LESSONS DWO	LESSONS	LESSONS	GENERAL SWIM *	AVAILABLE TO HIRE	CCBN	4 - 5 pm
5 - 6 pm								5 - 6 pm
6 - 7 pm								6 - 7 pm
7 - 8 pm	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	CLOSED	CLOSED	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](http://www.sporteastbourne.com/motcombepool)

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