



# BRADFIELD COLLEGE SPORTS COMPLEX

Swimming · Fitness Classes · Sports Hall · Gym

## BRADFIELD COLLEGE SPORTS COMPLEX SWIMMING POOL PROGRAMME LENT TERM MONDAY 25th FEBRUARY - FRIDAY 29th MARCH 2019

<b>MON</b>	<b>Early Riser</b> 7am - 8.30am	<b>P &amp; T</b> 10 - 11am	<b>General Swim</b> 12pm - 2pm	<b>Aqua Aerobics</b> 8.15pm - 9pm	<b>Adults Only</b> 9pm-10pm	
<b>TUE</b>	<b>Early Riser</b> 7am - 9.30am		<b>Adults Only</b> 12.45-3pm	<b>Family Splash</b> 6pm - 8pm	<b>Adults Only</b> 8pm - 9pm	
<b>WED</b>	<b>Early Riser</b> 6.30am - 9.30am	<b>Aqua Aerobics</b> 9.45-10.30am	<b>General Swim</b> 12pm - 2pm		<b>Adults Only</b> 8.15pm - 10pm	
<b>THUR</b>	<b>Early Riser</b> 6.30am - 8.30am		<b>Adults Only</b> 12pm - 2pm	<b>Family Splash</b> 6pm - 8pm	<b>Adults Only</b> 8pm - 9pm	
<b>FRI</b>	<b>Early Riser</b> 7am - 9.30am		<b>General Swim</b> 12pm - 2pm	<b>Family Splash</b> 6pm - 8pm	<b>Adults Only</b> 8pm - 9pm	
<b>SAT</b>		<b>JSL</b> 8.40-9.40am	<b>1-2-1</b> 9-45-10.15am	<b>Adults Only &amp; 1-2-1 Lesson</b> 10.15-11am	<b>Family Splash</b> 11am - 2pm	<b>Family Splash</b> 6pm - 8pm
<b>SUN</b>		<b>JSL</b> Junior Swimming Lessons 8am - 10.30am	<b>Family Splash</b> 10.45am - 2.30pm	<b>JSL</b> 3.45pm - 6.15pm	<b>Family Splash</b> 6.30pm - 8pm	<b>Adults Only</b> 8pm - 9pm

Please Note: we have decided to change the lunch time family splash sessions to general swim. Children are permitted in the general swim sessions.

Please Note: a ratio of 1 adult per 2 children are required in the pool if children are under the age of 8.

