

Swimming Pool Time Table

Term Time

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday		Lane Swim		Aqua	Public	Disabled & 50+	Lane Swim	SB	Public		Swim School	Public	Aqua	Lane Swim		
		Lane Swim		Public	Swim School		Lane Swim	SB	Public		Swim School		Turbos	Lane Swim		
Tuesday	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
		Lane Swim		Public	Swim School		Lane Swim	SB	Public		Swim School		Turbos	Lane Swim		
Wednesday	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
		Lane Swim		Public			Aqua	Public			Swim School		Public	Turbos	Lane Swim	
Thursday	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
		Masters SAI		School Booking	Disabled 50+	Lane Swim	*Staff Training	Public			Swim School		Public	Lane Swim		
Friday	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
		Lane Swim		Public	Swim School		Aqua	Public			Swim School	SAB & SAI	*Staff Training	Turbos		
Saturday	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
		Lane Swim		Swim School			*Party Hire	Public	Splash	Lane Swim						
Sunday	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
		Lane Swim		Public		Splash	*Party Hire	Lane Swim	Public	Lane Swim						

RiversMeet reserves the right to amend the Swimming Pool Timetable to meet any requirements of the business - Please see "Pool Closure Notice" on our Website or at Reception

The pool will be cleared 2 minutes before each session is due to end. Public sessions will have 1 fast lane in at all times and 1 closed lane.

Young Swimmers - Please note that under 8's must be accompanied and supervised in the water by a responsible adult aged 16 or over. Our ratio is one to two for 0-7 years.

* Staff Training and Party Hire reverts to Public Swim when not in use - Please refer to "Pool Closure Notice"

** Please arrive 15 minutes prior to the start of the session. Pre booking is advised to guarantee your place as availability is limited. No Admission after the session has started.

Our parties are 60mins of Instructor-led activity

Junior Parties (8yrs+)

Junior Lifeguard Party: After a briefing, they are thrown into being shown how to save themselves in the event of a water emergency. They are then taken through the steps to help others. Fun & exciting drills will teach them how to get help or provide help should they ever find themselves in a water emergency. Throw in a water safety game or two & they are having fun whilst learning how to save lives! Any swimming ability. (Maximum of 20 children)

Swim Games Party: After a short briefing & swim test to gauge their swimming abilities, they participate in a fun packed session of swim games from seahorse races to water polo, and lots in-between! All swim games are tailored to their swimming abilities. Any swimming ability. (Maximum of 20 children)

Junior Aqua Fit Party: Have loads of fun & get fit at one of our Junior Aqua Fit Parties! The first 30mins are a fun filled exercise session to music, so they can bob along to their heart's content. The second 30mins is a fun splash session where the children are free to play in the pool! Any swimming ability but ,ust be 8yrs+. (Maximum of 20 children)

Monofin Party: After a detailed briefing on the use of monofin swimming, the children are put through a brief swim test to gauge their swimming abilities. They are then put into monofins & taken through a fun-filled session where they can pretend to be merpeople swimming through hoops, diving down to get treasure & swimming through the seaweed! Must be able to swim dolphin kick (Stage 4+). (Maximum of 10 children)



Adult Parties (16 yrs +)

Adult Aqua Fit Party: Have loads of fun & get fit at this Aqua Fit Party! The first 45mins are filled with a fun exercise session to music with movements such as high knees, side kicks & the 'rocking horse'. The last 15mins see the use of the pool for cooling down, swimming a few lengths or just catching up with others. Any swimming ability. (Maximum of 30 adults)

Monofin Party: After a detailed briefing on the use of monofin swimming, swimmers are put through a brief swim test to gauge swimming abilities. They are then put into monofins & taken through a fun-filled session where they will work on core strength, power & a dolphin-like movement through the water. Must be able to swim dolphin kick. (Maximum of 5 adults)

Bookings are to be made no less than 3 weeks in advance

Cost: £120.00

Payment is to be made in full at the time of booking



RiversMeet
SWISH
SwimSchool

Email: swimschool@riversmeetgillingham.org