

Please note the advertised programme could alter at any time, please check with reception.

FRANCIS SCAIFE SPORTS CENTRE SWIMMING POOL PROGRAMME 6th September - 30th September 2010

Time	7.00-8.00	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.00	3.00-4.00	4.00-5.00	5.00-6.00	6.00-7.00	7.00-8.00	8.00-9.00	9.00-10.00			
Day																		
MON	Early Birds Length Swimming		Public Swimming 9.00-11.30am			Pool Closed	Lunch Time Length Swimming	Aqua Fit	Public Swimming 2-3.30pm		Pool Closed	Swimming Lessons		Swimming Club 7.00-9.30pm				
TUES	Early Birds Length Swimming		Public Swimming	Pre School Lessons 9.30-11.00		Deep Water Aqua	Lunch Time Length Swimming	Pool Closed	Public Swimming 1-30-3.30pm		Pool Closed	Public Swimming 4.00 - 6.00pm		Pool Closed	Swim Fit 7.00-8.00	Pool Closed	Adults Swimming (Over 16's Only) 8.15-10 .00pm	
				Public Swimming (Deep End Only)		Ladies Only												
WED	Early Birds Length Swimming		Public Swimming 9.00-11.30am			Pool Closed	Lunch Time Length Swimming	Public Swimming 1 - 3.30pm			Pool Closed	Public Swimming 4.00 - 6.00pm		Pool Closed	Adults Swimming (Over 16's Only) 7.00-10.00pm			
THURS	Early Birds Length Swimming		Public Swimming	Parents & Tots		Public Swimming	Pool Closed	Lunch Time Length Swimming	Aqua Natal	Pool Closed	School Swimming		Pool Closed	Swimming Lessons		Aqua Fit	Pool Closed	Swimming Club 8.30-10.00pm
				Public Swim (Deep End)														
FRI	Early Birds Length Swimming		Public Swimming 9.00-11.30am			Pool Closed	Lunch Time Length Swimming	Public Swimming 1 - 3.30pm			Pool Closed	Swimming Lessons	Pool Closed	Rookie Lifeguard	Swimming Club		Pool Closed	
SAT			Swimming Lessons				Pool Closed	Public Swimming 12.30-2.45pm (Lane Rope Available)		Pool Closed	Private Hire		Swimobilty					
SUN	Early Birds Length Swimming		Public Swimming 9.00-11.30 am			Pool Closed	Public Swimming 12.00-2.30pm			Pool Closed	Family Session 2.45-3.45	Pool Closed	Private Hire	Swimming Lessons	Adult Lessons	Pool Closed	Aqua Fit	

*** Please ring the centre before attending for updates on the pool availability due to pool filtration issues ***

Key to types of session

General Swimming	Length Swimming	Aqua Classes	Swimming Lessons	Private Hire	Pool Closed
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Francis Safe Sports Centre
 Burnby Lane Pocklington YO42 2QE
 Telephone 01759 305052 Fax 01759 305052

www.francisscaifesportscentre.co.uk

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