

|     | 06:30       | 07:00 | 07:30                                    | 08:00 | 08:30       | 09:00                                     | 09:30                                   | 10:00                                     | 10:30                                     | 11:00         | 11:30         | 12:00         | 12:30 | 13:00       | 13:30       | 14:00                                     | 14:30                                | 15:00         | 15:30                                  | 16:00                                    | 16:30         | 17:00                                      | 17:30                       | 18:00       | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 |
|-----|-------------|-------|--|-------|-------------|---|---|---|---|---------------|---------------|---------------|-------|-------------|-------------|---|--------------------------------------|---------------|--|--|---------------|--|-----------------------------|-------------|-------|-------|-------|-------|-------|-------|
| MON | ADULTS ONLY |       |  |       |             |   | AQUA CLASS<br>9.25-10.15<br>(Full Pool) |   | SWIMKIDZ<br>10.30-12.00<br>(Full Pool)    |               | OPEN SWIMMING |               |       |             |             |   |                                      |               | SWIMEZE<br>15.45-17.45<br>(Full Pool)  |  | OPEN SWIMMING |  |                             |             |       |       |       |       |       |       |
| TUE | ADULTS ONLY |       |  |       |             | AQUA CLASS<br>09.00-09.45<br>(Full Pool)  |   | SWIMKIDZ<br>10.00-12.00<br>(Full Pool)    |   |               | OPEN SWIMMING |               |       |             |             |   |                                      |               | SWIMKIDZ<br>16.45-18.15<br>(Full Pool) |  | OPEN SWIMMING | AQUA CLASS<br>18.40 - 19.30<br>(Full Pool) | ADULTS ONLY                 |             |       |       |       |       |       |       |
| WED | ADULTS ONLY |       |  |       |             | AQUA CLASS<br>09.00-09.45<br>(Full Pool)  |   | PUDDLEDUCKS<br>10.00-11.30<br>(Full Pool) |   |               | OPEN SWIMMING |               |       |             |             |   |                                      |               | SWIMKIDZ<br>15.45-17.45<br>(Full Pool) |  | OPEN SWIMMING |  | Ladies Only Private Lessons | ADULTS ONLY |       |       |       |       |       |       |
| THU | ADULTS ONLY |       | AQUA CLASS<br>08.00-08.45<br>(Full Pool) |       | ADULTS ONLY |   |   |   | OPEN SWIMMING                             |               |               |               |       |             |             |   | PUDDLEDUCKS<br>16:00-18:30 Full pool |               | OPEN SWIMMING                          | AQUA CLASS<br>18.40-19.30<br>(Full Pool) | ADULTS ONLY   |  |                             |             |       |       |       |       |       |       |
| FRI | ADULTS ONLY |       |  |       |             | AQUA CLASS<br>9.20-10.05<br>(Full Pool)   |   | ADULTS ONLY                               | PUDDLEDUCKS<br>10.45-12.45<br>(Full Pool) |               |               | OPEN SWIMMING |       |             |             | PUDDLEDUCKS<br>15:30-17:30<br>(Full Pool) |                                      | OPEN SWIMMING |  |  | POOL CLOSED   |  |                             |             |       |       |       |       |       |       |
| SAT | POOL CLOSED |       | ADULTS ONLY                              |       |             | PUDDLEDUCKS<br>09.30-12.30<br>(Full Pool) |   |   |   | OPEN SWIMMING |               |               |       | POOL CLOSED |             |   |                                      |               |  |  |               |  |                             |             |       |       |       |       |       |       |
| SUN | POOL CLOSED |       | ADULTS ONLY                              |       |             | SWIMKIDZ<br>9.30-13.30<br>(Full Pool)     |   |   |   |               | OPEN SWIMMING |               |       |             | POOL CLOSED |   |                                      |               |  |  |               |  |                             |             |       |       |       |       |       |       |

## POOL TIMETABLE

[reflexionsaylesbury.co.uk](http://reflexionsaylesbury.co.uk)   

When there is a rope lane in the pool Monday – Friday, the swim lane is reserved for adults only swimming. However, children may swim in the lane on a weekend.

Swim at your own risk. Reflexions Health & Leisure do not provide lifeguards at any time.

