	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 6.30-9.25							AQUA CLASS 9.25-10.15 (Full Pool)		OPEN SWIMMING 10.30-15.45										SWIMEZE 15.45-17.45 (Full Pool)				OPEN SWIMMING 17.45-21.00						
TUE	ADULTS ONLY 6.30-9.00							AQUA CLASS 09.00-09.45 (Full Pool)	PRIVATE ADULT SWIM LESSONS 10.00-11.00 (Full Pool)	OPEN SWIMMING 11.00-16.15										SWIMKIDZ 16.15-18.15 (Full Pool)			OPEN SWIMMING 18.15-18.40	AQUA CLASS 18.40 - 19.30 (Full Pool)		ADULTS ONLY 19.30-21.00		
WED	ADULTS ONLY 6.30-9.00							AQUA CLASS 09.00-09.45 (Full Pool)	PUDDLEDUCKS 10.00-11.30 (Full Pool)	OPEN SWIMMING 11.30-16.15										SWIMKIDZ 16.15-17.45 (Full Pool)		OPEN SWIMMING 17.45-19.00		Ladies Only Private Group Session 19.00-19.45		ADULTS ONLY 19.45-21.00		
THU	ADULTS ONLY 6.30-8.00		AQUA CLASS 08.00-08.45 (Full Pool)	ADULTS ONLY 8.45-10.30						OPEN SWIMMING 10.30-15.45										PUDDLEDUCKS 15.45-18.15 Full pool		OPEN SWIMMING	AQUA CLASS 18.40-19.30 (Full Pool)			ADULTS ONLY 19.30-21.00		
FRI	ADULTS ONLY 6.30-9.20							AQUA CLASS 9.20-10.05 (Full Pool)	ADULTS ONLY 10.05-10.45	PUDDLEDUCKS 10.45-12.45 (Full Pool)			OPEN SWIMMING 12.45-15.30							PUDDLEDUCKS 15.30-18.00 (Full Pool)				OPEN SWIMMING 18.00-20.00				POOL CLOSED	
SAT	POOL CLOSED		ADULTS ONLY 8.00-09.30					PUDDLEDUCKS 09.30-12.30 (Full Pool)					OPEN SWIMMING 12.30-15.30							POOL CLOSED										
SUN	POOL CLOSED		ADULTS ONLY 8.00-09.30					SWIMKIDZ 09.30-12.30 (Full Pool)					OPEN SWIMMING 12.30-15.30							POOL CLOSED										

POOL TIMETABLE

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.

Reflexions Health & Leisure