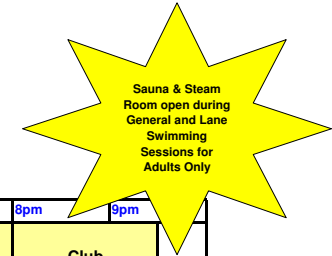




# St. James' Swimming and Fitness Centre

Tel: 01553 764888

## Half Term Timetable 15th - 21st February 2010



	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
<b>Main Pool</b>																
Monday	Lanes 6am - 8.15am		General Session 8.30am - 2pm				Lanes 12 - 2pm		Inflatable Session 2.15 - 3.45pm		Lessons	Club			Club	
Tuesday	Lanes 6am - 8.15am		General Session 8.30am - 2pm				Lanes 12 - 2pm		Inflatable Session 2.15 - 3.45pm		Club		Water Aerobics 6.10 - 7.10pm	Ladies Only 7.15 - 8.15pm	Lanes 8.15 - 9.30pm	
Wednesday	Lanes 6am - 8.15am		General Session 8.30am - 7pm				Lanes 12 - 2pm		Lessons		Club			Adults Only	Club	Club
Thursday	Lanes 6am - 8.15am		General Session 8.30am - 2pm				Lanes 12 - 2pm		Inflatable Session 2.15 - 3.45pm		Club	Club	Lessons	Water Aerobics 6.50 - 7.50pm	Club	
Friday	Lanes 6 - 7.30am	Club	General Session 8.30am - 7.45pm				Lanes 12 - 2pm		Club		Club			Club		
Saturday		Lanes 7 - 8.30am	Lessons	Lessons	General Session 9.30am - 12noon		Family Fun Session 12 - 2pm		General Session 2.15 - 4.45pm		Disabled Open Session					
Sunday		Lanes 8 - 9am	General Session 9am - 4.15pm							Lessons						
<b>Small Pool</b>																
Monday					General Session 8.30am - 2pm				General Session 2.15 - 3.45pm		Lessons			General Session 4 - 7.45pm		
Tuesday					General Session 8.30am - 2pm				General Session 2.15 - 3.45pm		Lessons		General Session 4 - 6pm		Lessons	
Wednesday					General Session 8.30am - 7pm				Lessons		Adults Only			Club		
Thursday					General Session 8.30am - 2pm				General Session 2.15 - 3.45pm		Lessons		General Session 4 - 6.45pm			
Friday					General Session 8.30am - 7.45pm				Lessons							
Saturday			Lessons			Family Fun Session 12 - 2pm		General Session 2.15 - 4.45pm		Disabled Open Session						
Sunday			Starfish Session	General Session 9am - 4.15pm				Lessons								

### Under 8's Admission Policy

Learner Pool - All children under 8 years of age must be accompanied in the water 2 : 1 by a responsible adult over the age of 16.

Main Pool - All children under 4 years of age must be accompanied in the water 1 : 1 and all children 4 - 8 years of age must be accompanied in the water 2 : 1 by a responsible adult over the age of 16.

Note: Where there is one child under 4 years and another between the ages of 4 and 8 years they should be accompanied in the water by two responsible adults over the age of 16.

### Inflatable Session Admission Policy

Inflatable Session is for 8 - 15 year olds who are confident in deep water and can competently swim 25m. All admissions are subject to a swim test at the start of the session.

### Customer Information

We reserve the right to call out public 15 minutes prior to the end of each session.  
Last admission is 30 minutes before the end of each session.

[www.west-norfolk.gov.uk/stjamesfitness](http://www.west-norfolk.gov.uk/stjamesfitness)



Borough Council of  
King's Lynn &  
West Norfolk

