

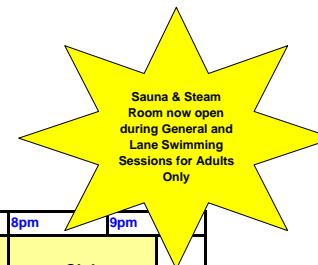


# St. James' Swimming and Fitness Centre

Tel: 01553 764888

## Term Time Programme

Please Note: Programme subject to change. School Holiday Programmes will be issued as appropriate.



	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday	Lanes 6am - 8.15am		Schools	Lanes 12.15 - 2pm		Disabled Session		Lessons		Club		Club		Club		
	Club			General Session 12.15 - 7.45pm												
Tuesday	Lanes 6am - 8.15am		Schools	Lanes 12.15 - 2pm		Club		Water Aerobics 6.10 - 7.10pm		Ladies Only 7.15 - 8.15pm		Lanes 8.15 - 9.30pm		Club		
	General Session 12.15 - 6pm															
Wednesday	Lanes 6am - 8.15am		Schools	Lanes 12.15 - 2.45pm		Lessons		Club		Club		Club		Club		
	Club			General Session 12.15 - 2pm		Water Aerobics		General Session 3 - 7pm		Adults Only						
Thursday	Lanes 6am - 8.15am		Schools	Lanes 12.15 - 2pm		Club		Club		Lessons		Water Aerobics 6.50 - 7.50pm		Club		
	General Session 12.15 - 6.45pm															
Friday	Lanes 6 - 7.30am	Club	Schools	Lanes 12.15 - 2pm		Club		Club		Club		Club		Club		
	General Session 12.15 - 7.45pm															
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	Available for Private Hire / Birthday Parties				
Sunday	Lanes 8 - 9am		General Session 9am - 4.15pm		Lessons											
<b>Small Pool</b>																
Monday	Schools		General Session 12.15 - 1.30pm		Disabled Open Session		Lessons		General Session 2.30 - 7.45pm							
Tuesday	Schools		General Session 12.15 - 1.30pm		Starfish Pre-School Swim Session		Lessons		General Session 2.30 - 6pm		Lessons					
Wednesday	Schools		Lessons		General Session 12.15 - 7pm		Adults Only		Club							
Thursday	Schools		Lessons		General Session 12.15 - 6.45pm											
Friday	Schools		Lessons		General Session 12.15 - 7.45pm											
Saturday	Lessons		Family Fun Session 12 - 2pm		General Session 2.15 - 4.45pm		Disabled Open Session	Available for Private Hire / Birthday Parties								
Sunday	General Session 9am - 4.15pm		Lessons													

### Under 8's Admission Policy

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

**Main Pool** - All children under 4 years of age must be accompanied 1 : 1 and all children 4 - 8 years of age must be accompanied 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 by two responsible adults over the age of 16.

### 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

