

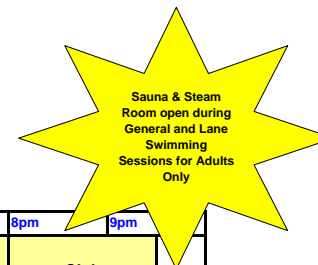


St. James' Swimming and Fitness Centre

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 | Schools | Schools | Schools | Schools | Lanes 12.15 - 2pm | Disabled Session | General Session 12.15 - 7.45pm | Lessons | Club | | | Club | |
| | Club | | | | | | | Club | | | Club | | | | | |
| Tuesday | Lanes 6am - 8.15am | | Schools | Schools | Schools | Schools | Schools | Lanes 12.15 - 2pm | General Session 12.15 - 6pm | Club | | Water Aerobics 6.10 - 7.10pm | Ladies Only 7.15 - 8.15pm | Lanes 8.15 - 9.30pm | | Club |
| | Club | | | | | | | Club | | Club | | | | | | |
| Wednesday | Lanes 6am - 8.15am | | Schools | Schools | Schools | Schools | Schools | Lanes 12.15 - 2.50pm | General Session 12.15 - 2pm | Water Aerobics | General Session 3 - 7pm | Club | | Adults Only | Club | Club |
| | Club | | | | | | | Club | | Club | | | | | | |
| Thursday | Lanes 6am - 8.15am | | Schools | Schools | Schools | Schools | Schools | Lanes 12.15 - 2pm | General Session 12.15 - 6.45pm | Club | Club | Lessons | Water Aerobics 6.50 - 7.50pm | Club | | Club |
| | Club | | | | | | | Club | | Club | | | | | | |
| Friday | Lanes 6 - 7.30am | Club | Schools | Schools | Schools | Schools | Schools | Lanes 12.15 - 2pm | General Session 12.15 - 7.45pm | Club | | Club | | Club | | Club |
| | 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 | Available for Private Hire / Birthday Parties | | | | | |
| Sunday | | | Lanes 8 - 9am | General Session 9am - 4.15pm | | | | | | Lessons | | | | | | |
| Small Pool | | | | | | | | | | | | | | | | |
| Monday | | | Schools | Schools | Schools | Schools | Schools | Schools | General Session 12.15 - 1.30pm | Disabled Open Session | General Session 2.30 - 7.45pm | Lessons | | | | |
| | | | | | | | | | Lessons | | | Lessons | | | | |
| Tuesday | | | Schools | Schools | Schools | Schools | Schools | Schools | General Session 12.15 - 6pm | Lessons | | Lessons | | | | |
| | | | | | | | | | | Lessons | | Lessons | | | | |
| Wednesday | | | Schools | Schools | Schools | Schools | Schools | Schools | General Session 12.15 - 2pm | Starfish Swim Session | General Session 3 - 7pm | Lessons | | Adults Only | | Club |
| | | | | | | | | | Lessons | | | Lessons | | | | |
| Thursday | | | Schools | Schools | Schools | Schools | Schools | Schools | General Session 12.15 - 6.45pm | Lessons | | | | | | |
| | | | | | | | | | | Lessons | | Lessons | | | | |
| Friday | | | Schools | Schools | Schools | Schools | Schools | Schools | General Session 12.15 - 7.45pm | Lessons | | | | | | |
| | | | | | | | | | | Lessons | | Lessons | | | | |
| Saturday | | | Lessons | | | Family Fun Session 12 - 2pm | | General Session 2.15 - 4.45pm | | Disabled Open Session | Available for Private Hire / Birthday Parties | | | | | |
| 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 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

Borough Council of
King's Lynn &
West Norfolk

