

SWIMMING POOL HOLIDAY TIMETABLE AT ARNOLD LEISURE CENTRE

Small Pool

Monday	9.30am -10.00am 12.00pm - 1.10pm 2.30pm - 4.00pm 4.00pm - 7.00pm	Stroke Clinic (check at reception) Public Swim Public Swim Lessons
Tuesday	9.30am - 10.00am 11.00am - 11.45am 12.00pm - 1.10pm 4.00pm - 5.00pm 5.00pm - 7.00pm	Stroke Clinic (check at reception) Parent and Toddler Public Swim Public Swim Swimming Lessons
Wednesday	9.30am - 10.00am 12.00pm - 1.10pm 4.00pm - 6.00pm 6.00pm - 7.00pm	Stroke Clinic (check at reception) Public Swim Public Swim Swimming Lessons
Thursday	9.30am - 10.00am 10.45am - 11.30am 12.00pm - 5.00pm 5.00pm - 7.00pm	Stroke Clinic (check at reception) Parent and Toddler Public Swim Junior Lessons
Friday	9.30am - 10.00am 12.00pm - 1.10pm 4.00pm - 7.00pm	Stroke Clinic (check at reception) Public Swim Lessons

**Small Pool open 12.00pm - 5.00pm on Saturday
and 9.00am - 5.00pm on Sunday**

Bank Holiday Opening Times:

Main Pool

7.30am - 9.00pm	Adults only
9.30am - 10.15am	Sedate Swim
10.30am - 11.30am	Public Swim
12.00pm - 1.10pm	Adults only
1.30pm - 3.00pm	Public Swim
3.30pm - 4.15pm	Wet Workout
4.30pm - 6.45pm	Public Swim

Small Pool

11.00am - 4.00pm	Public Swim
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Gedling Leisure

Changing Lifestyles

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