



# Chepstow Leisure Centre Swimming Pool Programme

## 19/07/2010 – 05/09/2010 Centre closed Monday 30<sup>th</sup> August

MON	7.00 - 8.00 Competitive Swim Club		9.00 – 10.00 Swimming Lessons	10.00 – 11.00 WAG Free Structured Activity <b>Mini polo</b> 8 – 11yrs	11.00 – 12.00 Play Scheme 26 <sup>th</sup> July-20 <sup>th</sup> August Structured Activities 19 – 23July 23 Aug – 3rd Sept	12.00 – 2.00 Parent and Toddler Under5's	2.45 – 3.30 FIT Aqua Running	3.45 – 5.15 Adult/ Family Swim	5.30 – 8.00 Public Swim	8.00 – 9.00 Adult Swim 2 Lanes in Pool	9.00 – 10.00 <b>Lifesaving Club</b>	
TUE	7.15 – 8.30 Public Swim 2 Lanes in Pool		9.00 – 10.00 Swimming Lessons	10.00 – 11.00 WAG Free Structured Activity <b>Inflatable</b> 8 – 11yrs	11.00 – 12.00 Play Scheme 26 <sup>th</sup> July-20 <sup>th</sup> August Structured Activities 19 – 23July 23 Aug – 3rd Sept	12.00 – 1.45 Public swim 2 Lanes in Pool	2.00 – 4.00 Public Swim	4.15 – 5.15 Public Swim	5.25 – 8.10 Competitive Swim Club		8.15 – 9.00 FIT Aqua Running	9.00 – 10.00 Adult Swim 2 Lanes in Pool
WED	7.00 - 8.00 Competitive Swim Club	7.45 – 8.45 Public Swim 2 Lanes in Pool	9.00 – 10.00 Swimming Lessons	10.00 – 11.00 WAG Free Structured Activity <b>Lifesaving/ Water Safety</b> 8 – 11yrs	11.00 – 12.00 Play Scheme 26 <sup>th</sup> July-20 <sup>th</sup> August Structured Activities 19 – 23July 23 Aug – 3rd Sept	12.00 – 1.45 Public swim 2 Lanes in Pool	2.00 – 4.00 Public Swim	4.15 – 5.15 Adult/ Family Swim	5.30 – 8.15 Public Swim		8.15-9.00 FIT Aqua	9.00 – 10.00 Adult Swim 2 Lanes in Pool
THU	7.15 – 8.30 Public Swim 2 Lanes in Pool		9.00 – 10.00 Swimming Lessons	10.00 – 11.00 WAG Free Structured Activity <b>Mini polo</b> 8 – 11yrs	11.00 – 12.00 Play Scheme 26 <sup>th</sup> July-20 <sup>th</sup> August Structured Activities 19 – 23July 23 Aug – 3rd Sept	12.00 – 1.45 Public swim 2 Lanes in Pool	2.00 – 4.00 Public Swim	4.15 – 5.15 Public Swim	5.25 – 7.10 Competitive Swim Club	7.15 – 7.45 W.I. Swim Club	7.45 – 8.45 Lifesaving Club	8.45 – 10.00 Ladies Only 16yrs +
FRI	7.00 - 8.00 Competitive Swim Club	7.45 – 8.45 Public Swim 2 Lanes in Pool	9.00 – 10.00 Swimming Lessons	10.00 – 11.00 WAG Free Structured Activity <b>Aqua Olympics</b> 8 – 11yrs	11.00 – 12.00 Play Scheme 26 <sup>th</sup> July-20 <sup>th</sup> August Structured Activities 19 – 23July 23 Aug – 3rd Sept	12.00 – 1.45 Parent and Toddler Under5's	2.00 – 4.00 Public Swim	4.15 – 5.15 Adult / Family Swim	5.30 – 7.45 Public Swim		8.15 – 10.15 Western Swimming Club	
SAT	8.25 – 10.25 Competitive Swim Club		10.30 – 12.00 Public Swim	12.00 – 1.00 Public Swim 2 Lanes in pool	1.00 – 2.00 Disabled Social Swim Club - Mencap	2.00 – 4.00 Public Swim Fun & Floats will be added at 3.00		4.00 – 5.00 Adult / Family Swim		5.00 – 6.00 Public Swim 2 Lanes in Pool		
SUN			10.05 – 1.00 Family/Adult Swim		1.00 – 2.00 Pool/Party Hire	2.00 – 4.00 Public swim		4.15 – 5.15 Adult Swim 2 Lanes in Pool		5.15 – 6.00 FIT Aqua		

### Safety Policy

During public swimming sessions, all under 8's must be accompanied by an adult 16 years and over, on a ratio of two under 8's to one adult, under 4's must be accompanied by an adult 16 years and over, on a ratio of one under 4 to one adult. This is a National Policy set by the ISRM (Institute of sports & Recreation Management) Family fun swim and parents & tots sessions allow greater flexibility of the policy because of the nature of the session and the control measures that are in place. During these sessions, an adult can supervise up to 3 children aged 4 – 7 years OR two children under 4 years.

**Please Note - If necessary the pool will be cleared between some programmed sessions to allow for control measures to be effected.**

**\*For information on 60+ and Children's and Young Peoples Free Swimming Initiatives – Please contact reception.**

**This programme is subject to change at the discretion of Chepstow Leisure Centre 01291 635745**



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Sessions in grey are Free to  
16 year olds and under