

# Hood Park Leisure Centre - Main Pool - School Holidays

	Monday*	Tuesday	Wednesday*	Thursday	Friday*	Saturday*	Sunday
7.00						Closed	Closed
8.00			Swim Lanes 15 yrs + 7am-9am			Closed	Swim Lanes 15 yrs + 7.30am-9am
9.00		Water Works Aqua Aerobics 9.05am-10.05am	Gentle Aqua Aerobics 9.10am-10.10am	Aqua Aerobics 9.15am-10am Starting 3 August	Lane Swim 9am-9.30am		
10.00	Public Swim 9am-12noon	Public Swim 10.15am-12.30pm	Public Swim 10.15am-12.00noon	Public Swim 10am-12.30pm	Public Swim 9.30am-12.00noon	Public Swim 9am-4pm	Public Swim 9am-1.15pm
11.00							
12.00	Aqua Calorie Attack Lanes 12-1.15pm	Aqua Calorie Attack Lanes 12.30pm-1.30pm	Aqua Calorie Attack Lanes 12-1.15pm	Aqua Calorie Attack Lanes 12.30pm-1.30pm	Aqua Calorie Attack Lanes 12.00noon-1.30pm		
1.00							
2.00	Public swim 1.15pm-3.15pm	Inflatable Session (8-14s only) 1.45pm-2.30pm	Public Swim 1.15pm-3.15pm	Inflatable Session (8-14s only) 1.45pm-2.30pm	Public Swim 1.30pm-2.45pm		Family Aqua Splash NEW SESSION with infls. and floats 1.30-2.30pm (starts 22 July)
3.00		Public Swim 2.45pm-3.30pm		Public Swim 2.45pm-3.30pm	GP Referral 3pm-3.30pm		Public Swim 9am-1.15pm
4.00	NWL swim academy swimming lessons 3.30pm-6.15pm	NWL swim academy swimming lessons 3.45pm-6.15pm	NWL swim academy swimming lessons 3.45pm-6.15pm	NWL swim academy swimming lessons 3.45pm-6.15pm	NWL swim academy swimming lessons 3.30pm-7pm	Pool Inflatable (8-14s only) 4.15-5pm	
5.00						Available for private party hire 5.15pm-6.15pm	Lane Swimming 5pm-6pm
6.00						Closed	
7.00	Public swim 6.15pm-9pm	Public Swim 6.15pm-8pm	Lane Swimming 6.15pm-7.15pm	Public Swim 6.15pm-8pm	Coalville Swim Club 7pm-9pm	Free Disabled session 6.30pm-7.30pm	
8.00		Water Works Aqua Aerobics 8pm-9pm	Public Swim 7.15pm-9pm	Aqua Aerobics 8pm-9pm			Closed
9.00			Swim Lanes 15 yrs + 9pm-10pm				