

# Leisure Lagoon

**BOOK NOW!**  
bit.ly/WokingTickets  
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**WEEKENDS**  
10:00AM - 5:00PM

**TERM TIME**  
Monday - Thursdays  
3:00pm - 6:00pm  
Fridays 4:00pm - 6:00pm

**HOLIDAY TIME**  
Monday - Friday  
10:00am - 6:00pm






**Join our Swim School and enjoy  
FREE SWIMMING!**







## SWIMFIT

Structured Workouts  
with clear swim sets, reps,  
and rest intervals.



**All Abilities Welcome  
Goal-Oriented  
Low-Impact Exercise**

Check timetable  
for sessions!



**Adult/Child Safety Ratios**  
All children under eight years must be accompanied in the water at all times by an adult 16+. in the ratios listed for the pool. All non-swimmers should use a buoyancy aid.

### Leisure Lagoon & Competition Pool Safety Ratio

Children under four years must be accompanied in the water at all times by an adult on a one to one ratio and wear a buoyancy aid. Children aged between four and eight years can be accompanied in the water at all times on a ratio of one adult to two children.

### Teaching Pool Safety Ratio

Up to two children under eight years can be accompanied in the water at all times by an adult 16+. Children under four years must use a suitable buoyancy aid (not provided).



[bit.ly/wokingpoolinthepark](https://bit.ly/wokingpoolinthepark)  
01483 771122

W3W ///open.forces.system



# Pool in the Park Term Time Timetable

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		Competition Pool - Term Time																				
		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22				
Monday	1	Lane Swim				Aqua Shallow & Deep	Open Swim				Adults Only Swimming	Lane Swim				Adults Only Swimming						
	2																					
	3	Club Use				Swim School	Lane Swim				Swim School	Swim School				Swim School						
	4																					
	5	Club Use				Swim School	Lane Swim				Swim School	Swim School				Swim School						
	6																					
Tuesday	1	Lane Swim				Open Swim						Aqua Deep	Lane Swim				Club Use					
	2																					
	3	Club Use				Swimfit	Sch	Lane Swim	Swim School				Club Use									
	4																					
	5	Club Use				Swimfit	Sch	Lane Swim	Swim School				Club Use									
	6																					
Wednesday	1	Lane Swim				Open Swim				Adults Only Swimming	Lane Swim				Aqua Deep	Club Use						
	2																					
	3	Club Use				School	Swim School	Swim School				Aqua Deep	Club Use									
	4																					
	5	Club Use				School	Swim School	Swim School				Aqua Deep	Club Use									
	6																					
Thursday	1	Lane Swim				Open Swim						Lane Swim				Adults Only	Club Use					
	2																					
	3	Club Use				Swimfit	Sch	School	Swim School		Swimfit + Junior Swimfit	Lifesaving Club	Club Use									
	4																					
	5	Club Use				Swimfit	Sch	School	Swim School		Swimfit + Junior Swimfit	Lifesaving Club	Club Use									
	6																					
Friday	1	Lane Swim				Open Swim				Lifeguard Training		Lane Swim		Dolphins								
	2																					
	3	Club Use				School	Swim School		Dolphins													
	4																					
	5	Club Use				School	Swim School		Dolphins													
	6																					
Saturday	1			Club Use		Lane Swim				Open Swim		Ladies only Swimming	Club Use									
	2																					
	3	Club Use		Swim School				Open Swim		Ladies only Swimming	Club Use											
	4																					
	5	Club Use		Swim School				Open Swim		Ladies only Swimming	Club Use											
	6																					
Sunday	1			Club Use		Open Swim						Adult Only Swimming	Club Use									
	2																					
	3	Club Use		Open Swim						Adult Only Swimming	Club Use											
	4																					
	5	Club Use		Open Swim						Adult Only Swimming	Club Use											
	6																					
		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22				

**Leisure Lagoon**  
 Mon-Thursday 3pm-6pm  
 Friday 4pm-6pm  
 Weekends 10am-5pm

**Parent & Toddler Splash (Lagoon)**  
 Mondays, Wednesdays, Fridays  
 10am-11:30am,  
 Mondays & Fridays 11:30am-12:30pm  
 Saturdays & Sundays 9-10am

**Teaching Pool**  
 Mon-Friday 12:30-1:30pm  
 Saturday closed  
 Sunday 11am-2pm

**Adults Only Swimming (Competition Pool)**  
 Mondays 2:30-4pm  
 7:45-9:30pm  
 Wednesdays 2:30pm-4pm  
 Thursdays 8-9pm  
 Sundays 3:30pm-4:30pm.

**Ladies Only Swimming 16+ (Competition Pool)**  
 Saturdays 5pm-6pm  
**Female Only Swimming (Leisure Lagoon - all ages)**  
 Tuesdays 7-8pm