



## CHILD SAFETY IN THE POOLS FOR UNDER 8 YEARS

### BARTON POOL AND TWYVER POOL :

1 adult  =  1 child under 4 yrs

1 adult  =   2 children age 4-7 yrs

### TAD POOL AND ELVER POOL (designated non-swimming areas)

1 adult  =   2 children under 4 yrs

1 adult  =    3 children age 4-7 yrs

**PLEASE NOTE** Elver pool and Tad pool are child friendly pools.



### PUBLIC SWIMMING

Swim sessions available to everyone. Please follow child safety ratios for children under 8.

### LANE SWIMMING

A lane will be available in the Barton/Twyver pool during Swim 4 all sessions. For competent swimmers aged 14 years +.

### SWIMFIT SESSIONS

These popular sessions are available to all abilities. The pool is divided into lanes and will be fully supported by a coach. For competent swimmers aged 14 years +.

### MORNING RISERS

Start your day with a swim. Lane swimming 06.30 - 09.00 every weekday. For competent swimmers aged 14 years +

### ELVER POOL

Ideal for babies, toddlers and pre-school children. This public session is great fun and a positive introduction to water.

### FAMILY SWIM

Fun for all the family is guaranteed at this session with a mix of inflatables, toys and floats.

### FUN SESSION

Inflatable fun for children of all ages. Please note children will need to be deemed confident by our lifeguards in deep water to use our inflatables. Floats and rafts available for not so confident children.

### AQUA SESSIONS

One of our most popular classes. With the water supporting your body, stress on weight bearing joints is reduced, making this a fun workout suitable for all fitness levels.

### SWIMMING LESSONS

Swimming lessons are available 7 days a week for children and adults. Please visit our website for more details.

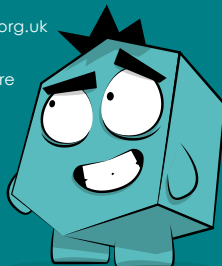
### PRE SWIM HYGIENE

- All babies must wear appropriate swim wear for their age including swim nappies which are available at reception.
- Please help us to keep our swimming pools clean by showering before you swim.
- If you have a medical condition, please inform a lifeguard before you enter the swimming pool.

Please note that we occasionally have to close our pools. These closures are displayed in advance on our website and at GLI reception desk.

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GLI Leisure Centre  
Bruton Way,  
Gloucester  
GL1 1DT



## SWIMMING TIMETABLE

September 17



www.aspiretrust.org.uk



September 17

## SWIMMING TIMETABLE

www.aspiretrust.org.uk

**Download our free app** for new classes or changes to the timetable



# SWIMMING TIMETABLE

## TERMTIME

## HOLIDAYS

	BARTON POOL	TWYVER POOL	ELVER POOL	TAD POOL
MONDAY	06.30 - 09.00 Morning risers			
	12.00 - 13.00 Swimfit	10.00 - 11.00 Age 50+ only	10.45 - 12.00 Public swim	09.45 - 12.00 Public swim
	12.05 - 12.50 Aqua aerobics	11.00 - 12.00 Public swim		
	14.00 - 18.00 Public swim	12.00 - 14.00 Lane Swim		
	16.00 - 19.15 Swim school			16.00 - 18.00 Public swim
	18.00 - 19.30 Swimfit			
	18.00 - 20.15 Lane Swim			
TUESDAY	06.30 - 09.00 Morning risers			
	12.00 - 13.00 Swimfit	10.00 - 11.00 Age 50+ only	10.45 - 12.00 Public swim	09.45 - 12.00 Public swim
	12.05 - 12.50 Aqua Fit	11.00 - 12.00 Public swim		
	14.00 - 18.00 Swim school	12.00 - 14.00 Lane Swim		
	16.00 - 18.30 Public swim			16.00 - 18.00 Public swim
	18.30 - 20.15 Lane Swim		18.30 - 19.30 Adult Lessons	
WEDNESDAY	06.30 - 09.00 Morning risers			
	12.00 - 13.00 Swimfit	10.00 - 11.00 Ladies Lane Swim	10.45 - 12.00 Public swim	09.45 - 12.00 Public swim
	12.05 - 12.50 Aqua aerobics	11.00 - 12.00 Public swim		
	14.00 - 18.00 Swim School	12.00 - 14.00 Lane Swim		16.00 - 18.00 Public swim
	16.00 - 18.30 Public swim			
	18.00 - 19.30 Swimfit			
	18.30 - 19.30 Lane Swim			
THURSDAY	06.30 - 09.00 Morning risers			
	12.00 - 13.00 Swimfit	10.00 - 11.00 Age 50+ only	10.45 - 12.00 Public swim	09.45 - 12.00 Public swim
	12.05 - 12.50 Aqua aerobics	11.00 - 12.00 Public swim		
	14.00 - 18.00 Swim school	12.00 - 14.00 Lane Swim		
	16.00 - 18.30 Public swim			16.00 - 18.00 Public swim
	18.30 - 20.15 Lane Swim			
	19.00 - 20.15 Swimfit	19.00 - 20.00 Adult Lessons		
FRIDAY	06.30 - 09.00 Morning risers	10.00 - 10.45 Aqua natal		
	12.05 - 12.50 Aqua aerobics	11.00 - 12.00 Public swim	10.45 - 12.00 Public swim	09.45 - 12.00 Public swim
	12.05 - 12.55 Age 50+ only	12.00 - 14.00 Lane Swim		
	16.00 - 18.00 Swim school			16.00 - 18.00 Public swim
	16.00 - 19.15 Public swim			
SATURDAY	08.00 - 10.00 Swim school			09.00 - 17.00 Public swim
	08.00 - 13.00 Public swim			
	13.00 - 14.30 Fun session	13.30 - 14.30 Lane Swim	13.30 - 14.45 Public swim	
	14.30 - 17.00 Public swim			
SUNDAY	08.00 - 09.00 Public swim			09.00 - 17.00 Public swim
	09.00 - 12.30 Family swim			
	12.30 - 17.00 Public swim	13.30 - 14.30 Ladies only	12.30 - 14.30 Public swim	

	BARTON POOL	TWYVER POOL	ELVER POOL	TAD POOL
MONDAY	06.30 - 09.00 Morning risers			
	10.00 - 13.30 Public swim	11.00 - 12.00 Age 50+ only	11.30 - 15.30 Public swim	09.45 - 18.00 Public swim
	12.00 - 13.00 Swimfit	12.05 - 12.50 Aqua aerobics		
	13.30 - 15.30 Fun session	13.00 - 14.00 Lane Swim		
	15.30 - 18.00 Public swim			
	16.00 - 19.15 Swim school			
	18.00 - 19.30 Swimfit			
TUESDAY	06.30 - 09.00 Morning risers			
	10.00 - 13.30 Public swim	11.00 - 12.00 Age 50+ only	11.30 - 15.30 Public swim	09.45 - 18.00 Public swim
	12.00 - 13.00 Swimfit	12.05 - 12.50 Aqua Fit		
	13.30 - 15.30 Fun session	13.00 - 14.00 Lane Swim		
	15.30 - 18.30 Public swim			
	16.00 - 18.00 Swim school			
	18.30 - 20.15 Lane Swim		18.30 - 19.30 Adult Lessons	
WEDNESDAY	06.30 - 09.00 Morning risers			
	10.00 - 13.30 Public swim	11.00 - 12.00 Ladies Lane Swim	11.30 - 15.30 Public swim	09.45 - 18.00 Public swim
	12.00 - 13.00 Swimfit	12.05 - 12.50 Aqua aerobics		
	13.30 - 15.30 Family Swim	13.00 - 14.00 Lane Swim		
	15.30 - 18.30 Public Swim			
	18.00 - 19.30 Swimfit			
	16.00 - 18.00 Swim school			
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	13.30 - 15.30 Family Swim	13.00 - 14.00 Lane Swim		
	15.30 - 19.15 Public Swim			
	16.00 - 18.00 Swim school			
SATURDAY	08.00 - 10.00 Swim school			09.00 - 17.00 Public swim
	08.00 - 13.00 Public swim			
	13.00 - 14.30 Fun session	13.30 - 14.30 Lane Swim	13.30 - 14.45 Public swim	
	14.30 - 17.00 Public swim			
SUNDAY	08.00 - 09.00 Public swim			9.00 - 17.00 Public swim
	09.00 - 12.30 Family swim			
	12.30 - 17.00 Public swim	13.30 - 14.30 Ladies only	12.30 - 14.30 Public swim	

KEY	Public swim	Aqua classes	Family & fun sessions	Adult Swimming Lessons
	Swim school	Swimfit	Restricted	