

Swimming

Timetable 2017/18



Swim
for fun,
health, fitness,
relaxation and
enjoyment!



1 Oct 2017 - 31 March 2018

www.nottinghamcity.gov.uk/swimming

0115 876 1600

 /nottsport

 @nottsport



Nottingham
City Council

Clifton Leisure Centre

Southchurch Drive, Clifton, Nottingham NG11 8AB

Djanogly Community Leisure Centre

Gregory Boulevard, Forest Fields, Nottingham NG7 6BR

Harvey Hadden Sports Village

Wigman Road, Bilborough, Nottingham NG8 4PB

John Carroll Leisure Centre

Denman Street, Radford, Nottingham NG7 3PS

Ken Martin Leisure Centre

Hucknall Lane, Bulwell, Nottingham NG6 8AP

Southglade Leisure Centre

Southglade Road, Bestwood, Nottingham NG5 5GU

Victoria Leisure Centre

Gedling Street, Nottingham NG1 1DB



Children under the age of 8 must be accompanied in the water by an adult (over 16)

Session Prices 2017/2018

	Non-member	Active Nottingham Membership (Free for all)	Concession
Adult (18+)	£5.50	£4.50	£2.25
Junior	£5.50	£4.50	£2.25
Under 5 years and Nottingham Swim School members	FREE	FREE	FREE
Family Swim (Up to 2 adults and 3 children)	£11.50	£9.50	£9.50
Paddle for £1	£2	£1	£1
Active Families Swim	£1.50	£0.50	£0.50

Parent to child ratios apply to swimming sessions, please visit our website www.nottinghamcity.gov.uk/swimming or contact the Customer Service Centre on 0115 876 1000 for more details.

Please note: A wristband system may operate during busy periods. Last ticket 30 minutes before closing

Sign up and save!**

If you're aged 18+ and swim regularly you could save money through the Swim and Health Suite membership!

The membership provides access to:

- Public Swim Sessions
- Health Suites
- Aqua based fitness classes!

Once you're a member you can enjoy all of the above activities as often as you would like at no additional cost!

Our memberships have no contract so you can join and be a member for as long as you want!

Swim and Health Suite 12 Month Membership - £19.99/month

Swim and Health Suite Monthly Membership - £22.99/month

For more information contact your local leisure centre or visit www.nottinghamcity.gov.uk/flexiblefitness

** Swim Memberships for Juniors - £9.95 per month and includes unlimited access to public swim sessions (dependent on availability)

Swimming Session Descriptions

ACTIVE FAMILIES SWIM A low-cost family swim for city residents only who have an Active Nottingham Membership (50p per person)

AQUA BABIES 30 minute lesson for adult and child 0-3 years old. Develop water confidence and movement through fun and games

****AQUA CLASSES** Water-based fitness classes. For details of those sessions please refer to the Group Fitness Activity Timetable

FLUME SWIM Ride the flume within this swim session perfect for children and teenagers!

PADDLE FOR £1 30cm water depth with water toys! Each adult pays £1 and can be accompanied by up to 4 children under 8 years of age free of charge. All children must be accompanied by an adult

NOTTINGHAM SWIM SCHOOL (NSS) Swimming lessons for all swimming abilities and ages

NOTTS SPLASH TOTS (Swim for Under 5s) A swimming session for under 5s and parents/carers, includes floats and toys

SWIM FOR ALL Open swimming session for everybody, will include lane(s) for lane swimming. Session in the main pool will require swimmers to swim 75m due to the depth of the pool

SWIM FOR FITNESS A session for those aged 14+ to swim lengths. Lane(s) are provided for this session

SWIM FOR FUN A swimming session for children, young people and families with toys and floats

SWIM FOR RELAXATION A swim sessions for adults aged 17+ to swim at a relaxed pace. There will be a designated lane(s) area for those wanting to swim lengths of the pool

SWIM INCLUSIVE

For swimmers with a disability, life limiting illness or condition. This activity is suitable for all ages. This session now includes FREE access to the health suite after your swim to relax. There will be pool helpers at the following sessions:



Nottingham



Site	Day	Time	Pool Helper
Clifton	Thursday	7-8pm	Yes
Harvey Hadden	Sunday	11.30am-12.30pm	Yes
Victoria	Monday	10-11am	Yes

SWIMMING & AQUATIC CLUBS Pool time hired to swimming and aquatic clubs. For more information about clubs, please ask at Reception

THIS GIRL CAN SWIM Swimming session for ladies and girls aged 14+

WhatSUP Join our sessions designed to float your body and mind into a calm relaxed place. Using a series of yoga poses we will build strength and flexibility, improve your balance and core stability whilst out on the water. Clothing: think gym rather than swim

PowerSUP YOGA These sessions are designed to work every inch of that body of yours. Using HIIT techniques, power and resistance out on the water.

These are fast moving sessions, highly addictive. You will get the most out of them if you have tried WhatSUP first. Clothing: think gym rather than swim

THE SWIM SESSIONS DETAILED ON THE TIMETABLES IN BLUE MUST BE PRE-BOOKED BEFORE ATTENDING AND ARE SUBJECT TO AVAILABILITY.

For more details or to book your session, please call **0115 876 1600**. You can also book using our mobile app '**NCC Sport**' on Android and iPhone

Visit our website

www.nottinghamcity.gov.uk/swimming



/nottsport



@nottsport



sportandleisurenottm



My Nottingham

CLIFTON LEISURE CENTRE →

Main Pool

MONDAY

7-8.30am	Swim for All
10.15-11.30am	Swim for Relaxation
12.15-1.15pm	Swim for Fitness
4-6pm	Nottm Swim School
6-7pm	Swim for All
7-9pm	Bramcote Swimming Club
9pm-10pm	Swim for Fitness

TUESDAY

7-8.30am	Swim for All
11.30am-12.15pm	This Girl Can Swim
12.15-1.15pm	Swim for Fitness
4-6pm	Nottm Swim School
6-7pm	This Girl Can Swim
7-7.45pm	Aqua Zumba**
8-9pm	Swim for All

WEDNESDAY

7-8.30am	Swim for All
9.30-10.15am	Aqua Fit**
10.30-11.15am	Swim for Relaxation
11.15am-12.15pm	Swim for Relaxation (Dementia Friendly)
12.15-1.15pm	Swim for Fitness
4-6.30pm	Nottm Swim School
6.30-7.15pm	Aqua Zumba**
7.15-8pm	Swim for All
8-10pm	Swim for Fitness

THURSDAY

7-8.30am	Swim for All
10.30am-12noon	Swim for All
12.15-1.15pm	Swim for Fitness
4-6.45pm	Nottm Swim School
5-6pm	Swim for Fitness
7-8pm	Swim Inclusive (with Pool Helper)
8-10pm	Swim for Fitness

FRIDAY

7-8.30am	Swim for All
9.30-10.15am	Aqua Fit**
12.15-1.15pm	Swim for Fitness
2-3pm	Swim for Relaxation
3-3.45pm	Swim for All

4-6pm

6.15-7pm
6.30-7.15pm
7.45-8.45pm

SATURDAY

8am-12.45pm
1-4pm
4-4.45pm

SUNDAY

8.30-9.30am
9.30am-12noon
1-2.30pm
2.30-3.30pm
3.30-4.30pm

Small Pool

MONDAY

3.30-6.30pm

TUESDAY

3.30-6.30pm

WEDNESDAY

4-6.30pm

THURSDAY

4.30-5pm

FRIDAY

4-6pm

SATURDAY

9-11.30am

Leisure Pool

MONDAY

10.30-11am
11-11.30am
4-7.45pm

TUESDAY

9.30-10.30am
4-7.45pm

Nottm Swim School
Pool Disco
Pool Disco
Swim for Fitness

WEDNESDAY

9.30-10.30am
4-7.45pm
Notts Splash Tots
Swim for Fun
(Flume open)

Nottm Swim School
Swim for All
Swim for Fitness

THURSDAY

9.30-10.30am
4-7.45pm
Notts Splash Tots
Swim for Fun
(Flume open)

Swim for Fitness
Swim for All
Swim for All
Swim for Fun
Swim for Fitness

FRIDAY

9.30-10.30am
4-6pm
Notts Splash Tots
Swim for Fun
(Flume open)

Nottm Swim School

SATURDAY

8-9am
10.30am-12noon
12-1pm
1-4pm
Nottm Swim School
Swim for Fun
(Flume open)
Available for hire
Swim for Fun
(Flume open)

Nottm Swim School

SUNDAY

Nottm Swim School

10am-12noon
12-1pm
1-2.30pm
Swim for Fun
(Flume open)
Available for hire
Swim for Fun
(Flume open)

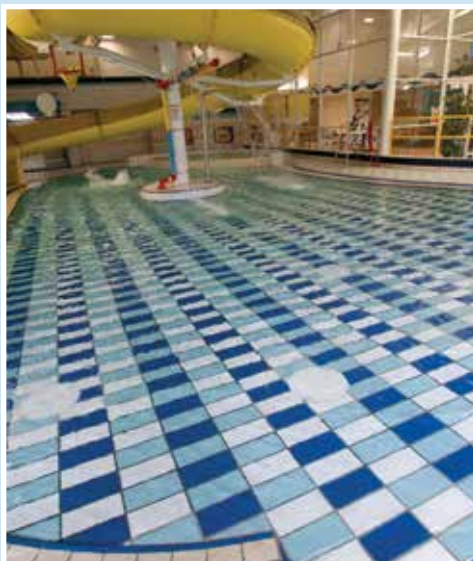
Nottm Swim School

Nottm Swim School

Nottm Swim School

Aqua Babies
Aqua Babies
Swim for Fun
(Flume open)

Notts Splash Tots
Swim for Fun
(Flume open)



DJANOGLY COMMUNITY LEISURE CENTRE →

Main Pool

MONDAY

7-8am	Swim for Fitness	1.5m*
9.45-10.45am	Paddle for £1	0.3m*
10.45-11.45am	Swim Inclusive	1m*
12.15-1.15pm	Swim for Fitness	1.5m*
4-7pm	Nottm Swim School	
7-8pm	Leander Swimming Club	
8-9pm	Swim For All	1m*
9-10pm	Swim for Fitness	1.5m*

TUESDAY

7-8am	Swim for Fitness	1.2m*
12.15-1.15pm	Swim for All	1.2m*
3.30-4.30pm	Swim for Relaxation	1.2m*
4.30-5.30pm	Swim for All	1.2m*
5.45-6.45pm	This Girl Can Swim	1.2m*
7-8pm	Leander Swimming Club	
8-9pm	Aqua Fit**	1.2m*
9-10pm	Swim for Fitness	1.5m*

WEDNESDAY

7-8am	Swim for Fitness	1.2m*
9.30-11am	Nottm Swim School - LADIES ONLY	
11am-12noon	This Girl Can Swim	1.2m*
12.15-1.15pm	Swim for All	1.2m*
4-6pm	Nottm Swim School	
6-7pm	Swim for All	1m*
7-8pm	Swim for Fitness	1.5m*
8-10pm	Leander Swimming Club	

THURSDAY

7-8am	Swim for Fitness	1.2m*
10-11am	Notts Splash Tots	0.7m*
11.15am-12noon	Aqua Fit**	1.2m*
12.15-1.15pm	Swim for All	1.2m*
3-4.45pm	Nottm Swim School (Girls Only)	
3-4.45pm	This Girl Can Swim With Her Kids (Girls Only)	0.85m*
5-6pm	Swim for All	1.2m*
6-7pm	Swim for Fitness	1.5m*
7-7.45pm	Aqua Fit**	1.2m*
7.45-9pm	Leander Water Polo Club	
9-10pm	Southwell Water Polo Club	

FRIDAY

7-8am	Swim for Fitness	1.5m*
8.15-9am	Swim for All	1m*
12.15-1.15pm	Swim for Fitness	1.5m*
3.30-4pm	Aqua Babies	
4-6pm	Nottm Swim School	
6-7pm	Swim for All	1m*
7-8.30pm	Leander Swimming Club	
8.30-9.30pm	East Midlands Water Polo Club	

SATURDAY

8-9.15am	Swim for Fitness	1.5m*
9.30am-1pm	Nottm Swim School	
10-10.30am	Aqua Babies	
1.15-2pm	Deep Water Aqua Fit**	2m*
2.15-3.15pm	Paddle for £1 (Under 8s with an adult)	0.3m*
3.15-4.15pm	Swim for All	1m*

SUNDAY

8.15-9.15am	Swim for Fitness	1.5m*
9.30-10.15am	This Girl Can Swim Aqua**	1.2m*
9.30-10.15am	This Girl Can Swim (14+)	1.2m*
10.15-11am	This Girl Can Swim Aqua**	1.2m*
10.15-11am	This Girl Can Swim (14+)	1.2m*
11-11.45am	This Girl Can Swim (14+)	1.2m*
11.45am-12.30pm	This Girl Can Swim With Her Kids (Girls and Boys under 8)	1.2m*
12.45-1.45pm	Swim for Fun (Active Families Swim)	1m*
1.45-2.45pm	Swim for All	1m*
3-3.45pm	Swim for Fitness	1.5m*
4-5.30pm	Leander Water Polo Club	



*Please note that Djanogly Swimming Pool operates a moving floor. The number indicates the depth of the pool for that session.

Day/Time	Session	Lanes	Depth
MONDAY			
5.45-7.45am	Nova Swimming Squad 50m	5	2m
6-7.45am	Swim for Fitness 50m	3	2m
7.45-8.30am	Swim for Fitness 50m	5	2m
9am-12noon	Swim for Fitness	5	1.24m
12.15-1.15pm	Swim for Fitness	5	1.24m
1.30-3pm	Swim for Relaxation	5	1.24m
3-3.45pm	Notts Splash Tots	3	0.62m
4-6pm	Nottm Swim School	8	0.92m
6-7pm	Swim for Fitness	5	2m
6-6.45pm	Synchro Lessons	3	2m
7-8pm	TFN Tri Club	8	2m
8-9pm	Radford Swimming Club	4	2m
8-8.45pm	Deep Water Aerobics	4	2m
9-10pm	Leander Swimming Club	4	2m

TUESDAY			
5.45-7.45am	Nova Swimming Squad 50m	6	2m
6-7.45am	Swim for Fitness 50m	2	2m
8.15-9.30am	Swim for All	5	1.24m
9.30-11am	Notts Splash Tots	3	1.24m
9.30am-12noon	NSS Aqua Babies	3	1.24m
10am-12noon	Swim for Relaxation	5	1.24m
12noon-12.45pm	Hydrospin	3	1.24m
12.45-1.30pm	Aqua Fit	3	1.24m
2.30-3.30pm	Notts Splash Tots	3	1.24m
4-6pm	Nottm Swim School	4	1.24m
5-6pm	Swim for All	4	1.24m
6-7pm	Absolute Tri Club	4	1.24m
6-7pm	Swim for Fitness	4	1.24m
7-7.45pm	Aqua Fit	3	1.24m
7-8.30pm	Swim for All	5	1.24m
7.45-8.30pm	Aqua Hydrospin	3	1.24m
8.30-9.30pm	Falcon Swimming Club	4	2m
9-10pm	Free Dive Club	3	2m

WEDNESDAY			
6-7.30am	Absolute Tri Club	5	2m
9.30am-12noon	Swim for Fitness	5	1.24m
12.15-1.15pm	Swim for Fitness	5	1.24m
1.30-2.30pm	Swim for Fitness	5	1.24m
2.30-3.45pm	Swim for Relaxation	5	1.24m
4-6.45pm	Nottm Swim School	8	0.92m
6.45-8.30pm	Swim for Fitness	4	1.8m
6.45-7.30pm	Deep Water Aqua	4	1.8m
7.30-8.30pm	Northern Swimming Club	4	1.8m
8.30-10pm	Swim for Fitness	4	2m
8.30-10pm	Octopush Club	4	2m

*** Booking advised

SPEEDO SWIM CENTRE (NORTH POOL) →

THURSDAY

5.45-7.45am	Nova Swimming Squad 50m	4	2m
6-7.30am	Swim for Fitness 50m***	2	2m
6-7.30am	Absolute Tri Club	2	2m
7.30-9am	Swim for Fitness 50m***	4	2m
11am-12noon	Notts Splash Tots	2	0.92m
12noon-12.45pm	WhatSUP Yoga	3	1.24m
12.15-1.15pm	Swim for Fitness	5	1.24m
1.30-3pm	Swim for Fitness	5	1.24m
3-4pm	Swim for Relaxation	5	1.24m
4-5pm	Swim for All	5	1.24m
4-5pm	Nottm Swim School	2	1.24m
5.15-6pm	Aqua Hydrospin	3	1.24m
5.15-7pm	Swim for Fitness	5	1.24m
6-6.45pm	Aqua Fit	3	1.24m
7-8.30pm	Leander Swimming Club	8	2m
8.30-10pm	Nottingham Trent University	4	2m
8.30-9.30pm	TFN Club	4	2m

FRIDAY

6-7.45am	Nova Swimming Squad 50m	6	2m
6-7.15am	Swim for Fitness 50m	2	2m
7.15-7.45am	Swim for Fitness 50m	3	2m
7.45-9am	Swim for Fitness 50m	5	2m
9.30-12noon	Swim for Fitness	5	1.24m
12.15-1.15pm	Swim for Fitness	5	1.24m
1.30-3.45pm	Swim for All	5	1.24m
4-6.30pm	Nottm Swim School	8	0.92m
6.30-8pm	Northern Swimming Club	8	1.8m
8-9pm	Swim for Fitness	3	1.8m
8-9pm	Leander Swimming Club	5	1.8m
9-10pm	Swim for Fitness	5	1.8m

SATURDAY

5.45-9am	Nova Swimming Squad 50m	8	2m
9.30am-12.45pm	Nottm Swim School	8	0.92m
1-3.45pm	Swim for Fun	8	0.92m
4.30-6pm	Swim for Fitness 50m	4	2m
4.30-6pm	Triathlon 50m	4	2m

SUNDAY

9-10am	Swim for Fitness	8	1.24m
10-11.30am	This Girl Can Swim	4	1.24m
11.30am-12.30pm	Swim for All	8	1.24m
12.45-2.15pm	Northern Swimming Club	2	0.92m
12.45-2.15pm	Swim for Fun	6	0.92m
2.30-3.30pm	Swim for Fun	8	0.92m
4-6pm	Swim for Fitness 50m*** (only 2 lanes available)	2	2m
4-6pm	Swimming Clubs	6	2m

This Girl Can Swim - Please note due to the location of the pools at Harvey Hadden there may be male lifeguards and male swimmers in the South pool during the This Girl Can Swim sessions. The viewing gallery may also be open.

Day/Time	Session	Lanes	Depth
----------	---------	-------	-------

MONDAY

5.45-7.45am	Nova Swimming Squad 50m	5	2m
6-7.45am	Swim for Fitness 50m	3	2m
7.45-8.30am	Swim for Fitness 50m	5	2m
9.15-10am	WhatSUP Yoga	3	1.24m
12.15-1pm	Notts Splash Tots	2	1.24m
3-4.30pm	Swim for All	5	1.24m
3-4.30pm	Nottm Swim School	2	1.24m
5-7pm	Nottm Swim School	2	2m
5-9pm	Nova Swimming Squad 25m	6	2m
7-9pm	Swim for Fitness***	2	2m
9-10pm	Swim for Fitness	4	1.24m

TUESDAY

5.45-7.45am	Nova Swimming Squad 50m	6	2m
6-7.45am	Swim for Fitness 50m	2	2m
12.15-1.15pm	Swim for Fitness	5	1.24m
1.30-3pm	Swim for Relaxation	5	1.24m
3.30-4.45pm	Swim for All	5	1.24m
5-7pm	Nova Swimming Squad	6	2m
5-7pm	Absolute Tri Club	2	2m
7-8.30pm	Nova Swimming Squad	8	2m
8.30-10pm	Swim for Fitness	4	2m
8.30-9.30pm	WhatSUP Yoga	3	2m

WEDNESDAY

6-9am	Swim for All	5	1.24m
6.30-7.15am	PowerSUP Yoga HIT	3	1.24m
7.15-8am	WhatSUP Yoga	3	1.24m
2.30-3.30pm	Notts Splash Tots	2	0.92m
4-5.45pm	Nottm Swim School	2	1.24m
4-5.30pm	Swim for All	5	1.24m
6-6.45pm	Aqua Hydrospin	3	1.24m
6-6.45pm	Swim for Fitness	5	1.24m
7-8.30pm	Leander Swimming Club	8	2m
8.30-9.30pm	Scubonauts Aqua Club	8	3.5m

THURSDAY

5.45-7.45am	Nova Swimming Squad 50m	4	2m
6-7.30am	Absolute Tri Club	2	2m
6-7.30am	Swim for Fitness***	2	2m
7.30-9am	Swim for Fitness 50m	4	2m
9.30-11am	Swim for Fitness	5	1.24m
11am-12.15pm	Swim for Relaxation	5	1.24m
11-11.45am	Aqua Fit	3	1.24m
11.45am-12.30pm	Aqua Zumba	3	1.24m
3-5pm	Nottm Swim School	8	0.92m
5-8.30pm	Nova Swimming Squad 25m	6	1.8m

*** Booking Advisable

SPEEDO SWIM CENTRE (SOUTH POOL) →

5-6.45pm	Nottm Swim School	2	1.8m
7-8.30pm	Swim for Fitness***	2	1.8m
8.30-10pm	Swim for Fitness	5	1.8m
8.30-10pm	Nottingham Trent Uni	3	1.8m

FRIDAY

6-7.45am	Nova Swimming Squad 50m	6	2m
6-7.15am	Swim for Fitness 50m	2	2m
7.15-7.45am	Swim for Fitness 50m	3	2m
7.45-9am	Swim for Fitness 50m	5	2m
11am-12noon	Notts Splash Tots	2	0.92m
2.30-4pm	Swim Inclusive	5	1.24m
4-6.30pm	Nottm Swim School	2	1.24m
4-5.30pm	Swim for All	5	1.24m
5.30-6.30pm	Swim for Fitness	5	1.24m
6.30-8pm	Swim for All	5	1.24m
6.30-8pm	Northern Swimming Club	2	1.24m
8-10pm	Divemaster	8	3.5m

SATURDAY

5.45-9am	Nova Swimming Squad 50m	8	2m
9.30-11am	Nova Swimming Squad 25m	4	1.8m
9.30-11.15am	Swim for Fitness	4	1.8m
11.15am-12.30pm	Swim for Fitness***	2	3.5m
11:45am-12:30pm	Nottm Swim School	6	1.8m
1-2.45pm	Disability Swim Club	4	1.24m
1-3.45pm	Swim for Fitness	4	1.24m
4.30-6pm	Swim for Fitness 50m	4	2m
4.30-6pm	Triathlon 50m	4	2m

SUNDAY

9-10am	Swim for Fun	8	0.92m
10.00 - 11.30	Swim for All	5	1.24m
10.15 - 11.00	WhatSUP Yoga	3	1.24m
11:30 - 12:30	Swim Inclusive	5	1.24m
12.45 - 14.15	Swim for Fitness	2	2m
12:45 - 14:15	Northern Swimming Club	6	2m
14:30 - 15:30	1m Dive session	4	3.5m
16:00 - 18:00	Swim for Fitness 50m	2	2m
16:00 - 18:00	Swimming Clubs 50m	6	2m



JOHN CARROLL LEISURE CENTRE →

Main Pool

MONDAY

7-8.30am	Swim for All
10.15-11am	Swim for Fitness
10.15-11am	Aqua Fit*
11-11.45am	Swim for Fitness
12.15-1.15pm	Swim for Fitness
2.45-3.45pm	Swim for Relaxation
4-5pm	Swim for All
5-6pm	Swim for Fitness
6-8pm	Swim for Fitness (3 lanes)
7-7.45pm	Nottm Swim School
8-9pm	Radford Swimming Club
9-9.45pm	Swim for Fitness (3 lanes)

TUESDAY

7-9am	Swim for All
12.15-1.15pm	Swim for Fitness
3.30-6pm	Swim for All
6-7pm	Swim for Fitness
7-9pm	Radford Swimming Club
9-9.45pm	Swim for Fitness (3 lanes)

WEDNESDAY

7-8.30am	Swim for All
10-11am	Swim for Fitness (2 lanes)
11am-12noon	Swim for Relaxation
12.15-1.15pm	Swim for Fitness
4-7.30pm	Nottm Swim School
4.30-7.30pm	Swim for Fitness (3 lanes)
7.30-8.30pm	Swim for All

THURSDAY

7-9am	Swim for All
12.15-1.15pm	Swim for Fitness
3.30-5.30pm	Swim for All
5.30-7pm	Swim for Fitness
7-9pm	Bramcote Swimming Club
9-9.45pm	Swim for Fitness (3 lanes)

FRIDAY

7-8.30am	Swim for All
11am-12noon	Swim for Relaxation
12.15-1.15pm	Swim for Fitness
1.30-3pm	This Girl Can Swim

4-5pm
5-7pm
7-9pm
9-9.45pm

SATURDAY

9am-1.30pm
10.30-11.30am

2-3pm

3-4pm
4-5pm

SUNDAY

9-10am
10.15-11.45am
12-1pm

1.45-3.45pm

Small Pool

MONDAY

10-11am
12.15-1.15pm
2.45-3.45pm

4-5pm
5-7pm

TUESDAY

12.15-1.15pm
3.30-7pm

WEDNESDAY

11am-12noon

12.15-1.15pm
4-7pm
7.30-8.30pm

THURSDAY

3.30-7pm

Swim for All
Swim for Fitness
Radford Swim Club
Swim for Fitness
(3 lanes)

Nottm Swim School
Swim for Fitness
(3 lanes)
Active Families
Swim
Swim for Fun
This Girl Can Swim

Swim for Fitness
Swim for All
Private Hire
available (Parties)
Swim for Fun

Notts Splash Tots
Notts Splash Tots
Swim for
Relaxation
Swim for All
Nottm Swim School

Notts Splash Tots
Swim for All

Swim for
Relaxation
Notts Splash Tots
Nottm Swim School
Swim for All

Swim for All

FRIDAY

11am-12noon
12.15-1.15pm
1.30-3pm
4-6pm

Swim for Relaxation
Notts Splash Tots
This Girl Can Swim
Nottm Swim School

SATURDAY

9am-1.30pm
2-3pm
3-4pm
4-5pm

Nottm Swim School
Active Families Swim
Swim for Fun
This Girl Can Swim

SUNDAY

10.15-11.45am
12noon-1pm

1.45-3.45pm
4-5pm

Swim for All
Private Hire Available
(Parties)
Swim for Fun
Private Hire Available



KEN MARTIN LEISURE CENTRE →

Main Pool

MONDAY

6.15-7.45am	Absolute Tri Club
11.30am-12.15pm	Aqua Fit**
11.30am-12.15pm	Swim for Relaxation
12.15-1.15pm	Swim for Fitness
3-4pm	Swim for Relaxation
4-6pm	Nottm Swim School
6-7pm	Swim for All
7-8.30pm	Northern Swimming Club
8.30-9.30pm	Falcon Swimming Club

TUESDAY

7.30-9am	Swim for All
12.15-1.15pm	Swim for Fitness
4-7pm	Nottm Swim School (3 lanes)
6.15-7.15pm	Radford Swimming Club (3 lanes))
7.30-8.30pm	Swim for All
8.30-9.30pm	Swim for Fitness

WEDNESDAY

7.30-9am	Swim for All
12.15-1.15pm	Swim for All
3-4pm	Swim for Relaxation
4-6pm	Nottm Swim School
6.15-7pm	Aqua Fit**
7.15-9.30pm	Radford Swimming Club

THURSDAY

8-9am	Swim for All
12.15-1.15pm	Swim for Fitness
3-4pm	This Girl Can Swim
4-5pm	Swim for All
5-6pm	Swim for All
6.15-7pm	Swim for Fitness
7-8pm	Falcon Swimming Club
8-9.30pm	This Girl Can Swim

FRIDAY

8-9am	Swim for All
12.15-1.15pm	Swim for Fitness
3-4pm	Swim for All
4-5pm	Swim for Fitness
4-7.30pm	Nottm Swim School
7.30-8.30pm	Arnold Swimming Club

SATURDAY

8.30am-1pm
1.15-2.15pm
2.30-3.45pm

SUNDAY

9-10am
10am-1.30pm
2-3pm
3.30-5.15pm

Small Pool

MONDAY

12.15-1.15pm
4-6pm
6-7pm

TUESDAY

7.30-9am
12.15-1.15pm
4-7pm
7.30-8.30pm

WEDNESDAY

7.30-9am
11.30am-1pm
4-6pm
7.30-9.30pm

THURSDAY

8-9am
12.15-1.15pm
4-5pm
5-6pm
6.15-7pm

FRIDAY

8-9am
12.15-1.15pm
3-4pm
4-7pm

SATURDAY

Nottm Swim School
Swim for Fun
Swim for All

8.30am-1pm
1.15-2.15pm
2.30-3.45pm

Nottm Swim School
Swim for Fun
Swim for All

SUNDAY

Swim for Fitness
Swim for All
Swim Inclusive
Aquanauts
Lifesaving Club

8.45-10.15am
10.15am-1.30pm
2-3pm

Nottm Swim School
Swim for All
Swim Inclusive

Notts Splash Tots
Nottm Swim School
Swim for All

Swim for All
Notts Splash Tots
Nottm Swim School
Swim for All

Swim for All
Nottm Swim School
Nottm Swim School
Radford Swimming
Club

Swim for All
Notts Splash Tots
Nottm Swim School
Swim for All
Swim for All

Swim for All
Notts Splash Tots
Swim for All
Nottm Swim School



SOUTHGLADE LEISURE CENTRE →

Main Pool

MONDAY

7-8.30am	Swim for Fitness
9.30-10.30am	Swim for Fitness
11.15am-12noon	Aqua Fit**
12.15-1.15pm	Swim for Fitness
4-6pm	Nottm Swim School
6-6.45pm	Aqua Fit**
6.45-7.45pm	Swim for All
7.45-8.45pm	Swim for Fitness
9-10pm	This Girl Can Swim (Health suite closes at 10pm)

TUESDAY

7-8.30am	Swim for Fitness
12.15-1.15pm	Swim for Fitness
4-7pm	Nottm Swim School
7-8pm	Swim for All
8-9pm	Leander Swimming Club
9-10pm	Swim for Fitness

WEDNESDAY

7-8.30am	Swim for Fitness
12.15-1.15pm	Swim for Fitness
4-6pm	Nottm Swim School
6-7pm	Swim for Fun
7-9pm	Arnold Swimming Club
9-10pm	Swim for Fitness

THURSDAY

7-8.30am	Swim for Fitness
9.30-10.30am	This Girl Can Swim
12.15-1.15pm	Swim for Fitness (Widths)
4-5pm	Swim for All
5-6pm	Nottm Swim School
6-7pm	Absolute Tri Club
7-9pm	Radford Swimming Club
9-10pm	Swim for Fitness

FRIDAY

7-8.30am	Swim for Fitness
11.30am-12.15pm	Aqua Fit
12.20-1.20pm	Swim for Fitness
4-6pm	Nottm Swim School
6-7.30pm	Swim for All

SATURDAY

8am-1pm
1-1.45pm
2-3pm
3.30-4.30pm

SUNDAY

9-10.30am
10.30-11am
11am-12noon
12.45-1.45pm
2-3pm
3-4pm

Small Pool

MONDAY

12.15-1.15pm
4-6pm
6.45-7.45pm

TUESDAY

12.15-1.15pm
4-7pm
7-8pm

WEDNESDAY

12noon-1pm
4-6pm
6-7pm

THURSDAY

12.15-1.15pm
4-6.30pm

FRIDAY

9.15-10.45am
12.15-1.15pm
4-6pm
6-7.30pm

SATURDAY

8am-1pm
2-3pm
3.30-4.30pm

SUNDAY

Nottm Swim School
Swim Fit**
Swim for Fun
(with Flume)
Swim for Fun

9-11am
11am-12noon
12.45-1.45pm
2-3pm

Nottm Swim School
Swim for Fun
Swim for Fun
Swim for Fun
(with Flume)

Swim for Fitness
Nottm Swim School
Swim for Fun
Swim For Fun
Swim for Fun
(with Flume)
Swim for Fitness

Notts Splash Tots
Nottm Swim School
Swim for All

Notts Splash Tots
Nottm Swim School
Swim for All

Nottm Swim School
Nottm Swim School
Swim for Fun

Notts Splash Tots
Nottm Swim School

Nottm Swim School
Notts Splash Tots
Nottm Swim School
Swim for All

Nottm Swim School
Swim for Fun
(with Flume)
Swim for Fun



VICTORIA LEISURE CENTRE →

Main Pool

MONDAY

6.30-8.30am	Swim for Fitness
10-11am	Swim Inclusive (with pool helper, 3 lanes)
10-11am	Swim for Fitness (3 lanes)
11am-12noon	Swim for Relaxation
12.15-1.15pm	Swim for Fitness
4-6.30pm	Swim for All
6.30-8.30pm	Swim for Fitness

TUESDAY

6.30-8.30am	Swim for Fitness
9-9.45am	Nottm Swim School
10-10.45am	Aqua Fit
11am-12noon	Swim for Relaxation
12.15-1.15pm	Swim for Fitness
4-6.45pm	Nottm Swim School
6.30-8.30pm	Swim for Fitness

WEDNESDAY

6.30-8.30am	Swim for Fitness
11am-1.15pm	Swim for Fitness
4-6.30pm	Swim for All
6.30-8pm	Swim for Fitness
8-9pm	Leander Swimming Club

THURSDAY

6.30-8.30am	Swim for Fitness
9-10am	Swim for All
10-11.15am	Swim for Relaxation
11.15am-12noon	Aqua Fit
12.15-1.15pm	Swim for Fitness
1.30-2.30pm	This Girl Can Swim
4-6.45pm	Nottm Swim School
6.30-8.30pm	Swim for Fitness

FRIDAY

6.30-8.30am	Swim for Fitness
12.15-1.15pm	Swim for Fitness
4-6.30pm	Swim for All
6.45-7.30pm	This Girl Can Swim
7.30-8.15pm	This Girl Can Swim

SATURDAY

6.30-8.00am
8am-12.15pm
10.30-11.30am
12.30-2.00pm
2.15-3.45pm

SUNDAY

6.30-8am
8am-12.30pm
12.30-2pm
2.15-3.00pm

3-3.45pm

Small Pool

MONDAY

9-10am
10-11am
11-12am
12noon-1pm
4-6.30pm

TUESDAY

9-10am
10-11am
11-12noon
12.15-1.15pm
3.30-6.30pm

WEDNESDAY

11.30am-1pm
4-6.30pm

THURSDAY

1.30-2.30pm

4-6.30pm

FRIDAY

12noon-1pm
4-6.30pm

Swim for Fitness
Nottm Swim School
Swim for Fitness
Swim for All
Swim for All

Swim for Fitness
Nottm Swim School
Swim for All
Swim for Fun
(Active Families Swim)
Swim for Fun
(Active Families Swim)

Aqua Babies
Notts Splash Tots
Aqua Babies
Notts Splash Tots
Swim for All

Aqua Babies
Notts Splash Tots
Aqua Babies
Notts Splash Tots
Nottm Swim School

Aqua Babies
Swim for All

This Girl Can Swim
with Her Kids
(Boys and Girls
Under 5)
Nottm Swim School

Aqua Babies
Swim for All

SATURDAY

8am-12.30pm
12.30-2pm
2.15-3.45pm

Nottm Swim School
Swim for All
Swim for All

SUNDAY

8am-12.30pm
12.30-2pm
2.15-3pm
3-3.45pm

Nottm Swim School
Swim for All
Swim for Fun
(Active Families Swim)
Swim for Fun
(Active Families Swim)



Swimming Club & Aquatic Club Contact Details

We have a number of swimming and aquatic clubs that hire our facilities, for more information please see below for contact information or website addresses.

Swimming Clubs

NOVA Centurion Swimming Club

The County competitive swimming squad

info@novacenturion.co.uk

www.novacenturion.co.uk

Nottingham Northern Swimming Club

info@northernsc.co.uk www.northernsc.co.uk

Nottingham Leander Swimming Club

suedavis78@gmail.com www.leandersc.com

Radford Swimming Club

www.radfordswimmingclub.co.uk

Bramcote Swimming Club

secretary.bsc@hotmail.co.uk

www.swim-to-win.com

Synchro team: www.aquastarssynchro.com

Arnold Swimming Club

www.arnoldswimmingclub.org.uk

Falcon Swimming Club

www.falconasc.co.uk

Aquatic Clubs

Triathlon Clubs

TFN Club

tfn_membership@hotmail.co.uk

Absolute Tri Club

www.absolutetriathlonclub.co.uk

info@absolutetriathlonclub.co.uk

Balance Performance Club

www.balancedperformance.org.uk

chris@balancedperformance.org.uk



Water Polo Clubs

Nottingham Leander Water Polo Club

suedavis@ntlworld.com www.leandersc.com

Southwell Water Polo Club

seals@cavalrydesign.com

www.newark-sherwooddc.gov.uk/ssc/

southwellwaterpoloclub/

Diving Clubs

All Dive Scuba Club

enquiries@alldivescubaclub.co.uk

mick@alldivescubaclub.co.uk

www.alldivescubaclub.co.uk

Facebook: /alldivescuba

Tel: Call on 07746 324 145

Scubonaut Diving Club

info@scubanauts.co.uk www.scubanauts.co.uk

Underwater Hockey Club

Nottingham Octopush Club

underwater@tiscali.co.uk

www.nottinghamoctopush.com

Lifesaving Club

Aquanaut Lifesaving Club

Contact Ken Martin Leisure Centre reception

Canoe Club

HPPCC Canoe Club

hppcc@btinternet.com www.hppcc.co.uk

How do I access the leisure centres?

You can now access our leisure centres by obtaining an Active Nottingham Member key fob, wristband or card by completing a short form at any of our leisure centres. These are free of charge on your first application. Key fobs, wristbands and cards can be used to access and book activities at all Nottingham City Council leisure centres.

For leisure centre enquiries please call the Customer Service Team on **0115 876 1600**.

You can also access leisure centres with your existing Citycard.

For Citycard enquiries please call **0115 876 2700**.

Accessibility

Our service standard and accessibility statement are available at every leisure centre. We try to make our leisure centres accessible to all sections of the community. If you have any special requirements please contact your local centre who will make every effort to help.

Comments

Let us know your comments through Have your Say by visiting www.nottinghamcity.gov.uk/haveyoursay or you can email us on sportandleisure@nottinghamcity.gov.uk

All users must comply with our leisure centre regulations.

You can view the latest most up to date pool programme online, including our holiday time pool programme and information on our latest swimming projects at
www.nottinghamcity.gov.uk/swimming