



The **Chamwell Centre** Charity  
Overcoming disability in Gloucestershire

## HYDRO POOL TIMETABLE during **TERM TIME**

### **REGISTERED USERS ONLY**

DAY	TIME	SESSION & NUMBERS
<b>MONDAY</b>	3.30pm - 7pm	Chamwell Swimming Lessons (1:1) (Pool rope in)
	3.30pm - 4.15pm	Self-led Session x 14
	4.30pm - 5.15pm	Self-led Session x 14
	5.30pm - 6.15pm	Self-led Session x 14
	<b>NEW from May 11<sup>th</sup></b>	6:30pm – 7:15pm
<b>TUESDAY</b>	4pm – 4:45pm	Self-led Session x 16
<b>NEW from June 1<sup>st</sup></b>	6pm – 6:45pm	Self-led Session x 16
<b>WEDNESDAY</b>	No Sessions	-
<b>THURSDAY</b>	5pm – 5.45pm	Self-led Session x 16
	6pm -6.45pm	Self-led Session x 16
<b>FRIDAY</b>	No Sessions	-
<b>SATURDAY</b>	10am – 10.45am	LADIES ONLY Self-led Session x 16
	11am – 11.45pm	Self-led Session x 16
	12pm – 12.45pm	Self-led Session x 16
	1pm – 1.45pm	Self-led Session x 16
	2pm – 2.45pm	Self-led Session x 16
	3pm – 3.45pm	Quiet Session x 12 (Designed for users with autism or sensory aversion)
<b>SUNDAY</b>	11am – 5pm	Chamwell Sunday Swim School (1:1) (Pool rope in)
	11am – 11.45pm	Self-led Session x 14
	12pm – 12.45pm	Self-led Session x 14
	1pm – 1.45pm	Self-led Session x 14
	2pm – 2.45pm	Self-led Session x 14
	3pm- 3.45pm	Quiet Session x 10 (Designed for users with autism or sensory aversion)
	4pm – 4.45pm	Self-led Session x 14

Email: [Bookings@chamwellcentre.org.uk](mailto:Bookings@chamwellcentre.org.uk)

Telephone **01452 767700**

## HYDRO POOL TIMETABLE during **SCHOOL HOLIDAYS** **REGISTERED USERS ONLY**

DAY	TIME	SESSIONS
<b>Monday</b>	11:30 am - 12:15pm	Children's session (with parent/carer) x 16
	12:30 pm - 1:15pm	Quiet Self-led Session x 12 (Suited to users with autism/sensory aversion)
	1:30 pm - 2:15pm	Quiet Self-led Session x 12 (Suited to users with autism/ sensory aversion)
	2:30 pm - 3:15pm	Self-led Session x 16
	3:30 pm- 4:15pm	Self-led Session x 16
	4:30 pm - 5:15pm	Self-led Session x 16
	5:30 pm - 6:15pm	Self-led Session x 16
	6:30 pm – 7:15pm	Self-led Session x 16
<b>Tuesday</b>	11 am - 11:45am	Children's session (with parent/carer) x 16
	12pm - 12:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	1pm - 1:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	2pm - 2:45pm	Self-led Session x 16
	3.30pm- 4.00pm	Private Session
	4pm - 4:45pm	Self-led Session x 16
<b>Wednesday</b>	11 am - 11:45am	Children's session (with parent/carer) x 16
	12pm - 12:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	1pm - 1:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	2pm - 2:45pm	Self-led Session x 16
	3.00pm- 3.45pm	Self-led Session x 16
<b>Thursday</b>	11 am - 11:45am	Children's session (with parent/carer) x 16
	12pm - 12:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	1pm - 1:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	2pm - 2:45pm	Self-led Session x 16
	3.30pm- 4.00pm	Private Session
	4pm - 4:45pm	Private Session
	5pm - 5:45 pm	Self-led Session x 16
	6pm - 6:45pm	Self-led Session x 16
<b>Friday</b>	11 am - 11:45am	Children's Session (with parent/carer) x 16
	12pm - 12:45pm	Self-led Session x 12
	1pm - 1:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	2pm - 2:45pm	Self-led Session x 16
	3pm- 3:45pm	Self-led Session x 16
<b>Saturday</b>	10am-10:45am	Ladies Only Session x 16
	11 am - 11:45am	Self-led Session x 16
	12pm - 12:45pm	Self-led Session x 16
	1pm - 1:45pm	Self-led Session x 16
	2pm - 2:45pm	Self-led Session x 16
	3pm- 3:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
<b>Sunday</b>	11 am - 11:45am	Self-led Session x 16
	12pm - 12:45pm	Self-led Session x 16
	1pm - 1:45pm	Self-led Session x 16
	2pm - 2:45pm	Self-led Session x 16
	3pm- 3:45pm	Quiet Self-led Session x 12 (Suited to users with autism or sensory aversion)
	4pm - 4:45pm	Self-led Session x 16