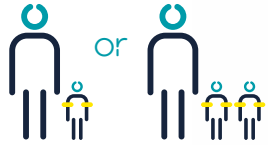


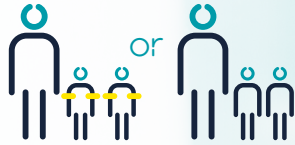
For more information about swim timetables at our other sites, please ask at reception or visit yourspacetofeelgood.com/workshop



Pool admissions



Under 4 years:
One adult can accompany one child with no buoyancy aids or two children both wearing buoyancy aids.



4-7 years old:
One adult can accompany two children with or without buoyancy aids.



Mixed ages (under 4s and 4-7 year olds):
One adult can accompany two children if both are wearing buoyancy aids or the eldest child can swim 50m (confirmed by parent).

Love swimming? Don't splash out

If you swim more than once a week, you could save yourself money by becoming a member. Your Space memberships include swimming and all aquacise classes.

Join now at:
yourspacetofeelgood.com

Learn a skill for life...

We offer swimming lessons for all ages* and abilities. Our Swim Academy is award winning and Swim England accredited.



*From 3 months of age to adults

Jump into our aquatics programme

at **Workshop Leisure Centre**

your space
Workshop Leisure Centre

What's on at Your Space

Workshop pool timetable

Updated January 2022
Please contact reception for details of our non-term timetables as changes occur during school holidays

		6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	Main		Your lanes 7-8.30		School swimming lessons 9-11.30		Your lanes 11.30-1		School swimming lessons 1.30-3	Your lanes 3-4	Your Swim Academy 4-6.45		Your lanes 7-8.45	Your Swim Academy 9-10				
	Small						Your Swim Academy 11-1.30				Your Swim Academy 3.45-7.15							
TUE	Main	Triathlon Club 5.45-7	Your lanes 7-8.30		School swimming lessons 9-11.30		Aquacise 11.30-12.15	Your lanes 12.15-1.30	School swimming lessons 1.30-3			YSA Performance Squads 4.30-7.30		Your lanes 7-9				
	Small				Your Swim Academy 9-12		Your swim 12.15-1.30				Your Swim Academy 4-7		Your swim 7-8					
WED	Main		Your lanes 7-8.30		School swimming lessons 9-11.30		Your lanes 11.45-1.30	School swimming lessons 1.30-3			Your Swim Academy 4-6	Workshop Dolphins Swimming Club 6-9						
	Small						Your Swim Academy 11.30-1.30				Your Swim Academy 4.15-6.45							
THUR	Main	Triathlon Club 5.45-7	Your lanes 7-8.30		School swimming lessons 9-11.30		Aquacise 11.30-12.15	Your lanes 12.15-1.30	School swimming lessons 1.30-3		Your Swim Academy 3.45-6.30	Aquafit 6.45-7.30	Your lanes 7.30-9.45					
	Small				Your Swim Academy 9-12		Your swim 12.15-1.30				Your Swim Academy 3.45-7.30							
FRI	Main		Your lanes 7-8.30		School swimming lessons 9-11.30		Aquacise 11.45-12.30	Your lanes 12.30-1.30	School swimming lessons 1.30-3		Your lanes 3.30-4.30	YSA Performance Squads 4.30-6.30	Workshop Dolphins 6.30-8	Your lanes 8-9				
	Small						Your swim 11.45-12.30	Your Swim Academy 12.30-1.30			Your Swim Academy 4-7							
SAT	Main	YSA Performance Squads 6-8.15	Triathlon Club 8.15-9.45	Your Swim Academy 9.45-12.45		Your swim 1-2	Your family swim 2-3.30	Workshop Dolphins 4-6										
	Small		Your Swim Academy 8.15-1.30				Your family swim 2-3.30	Your Swim Academy 3.30-6										
SUN	Main		Your lanes 7-8.30	Your family swim 8.30-11	Your lanes 11-12		Your family swim 1.15-2.45	Your Swim Academy 3-6	Workshop Dolphins Swimming Club 6-9									
	Small		Your Swim Academy 7.45-9.45	Your family swim 10-11	Your family swim 11-12		Your family swim 1.15-2.45	Your Swim Academy 3-6.30										

Your family swim to be booked in suite and over the phone only. All session will be run at reduced capacity with strict control measures in place. Lane swimming will be made up of 2 double lanes, 2 single lanes a minimum swimming standard of 400m to attend lane swimming. Ensure social distancing is maintained when static. Several lockers will be available however we would like you to arrive swim ready and get changed quickly after your swim to reduce time in the changing rooms. There is no scientific evidence Covid-19 can survive in chlorine water, our pools are regularly laboratory tested and are run in line with the Government Covid Guidance.