

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSIONS (06:30 - 12:30)						
09:00 - 09:45 AQUA FIT Swimming Pool Caroline Crowe	09:00 - 10:00 YOGA Studio B Emily Etheridge	07:00 - 08:00 YOGA Studio B Jo Watkins/ Darren Broad	09:30 - 10:25 PILATES Studio A Aniko Szemzo	09:10 - 10:10 YOGA Wellbeing Studio Lucy Butler		09:00 - 10:00 YOGA Wellbeing Studio Jody Thompson
10:00 - 10:45 AQUA FIT Swimming Pool Caroline Crowe	11:00 - 11:45 SLOW FLOW YOGA Wellbeing Studio Emily Young	11:00 - 11:55 PILATES Studio A Bryan Evans	11:00 - 12:00 YOGA FLOW Wellbeing Studio Katie Boots	10:05 - 11:00 AQUA FIT Swimming Pool Julia Davis		11:15 - 12:10 BODY BALANCE Studio A + B Sonya Turpin
10:45 - 11:45 SLOW FLOW YOGA Wellbeing Studio Emily Etheridge	11:00 - 11:55 BODY BALANCE Studio B Jenny Hogg	11:00 - 12:00 MINDFUL FLOW Wellbeing Studio Wendy Taylor		11:00 - 11:55 PURE STRETCH Studio B Katharine Gervasio		
12:00 - 12:45 POWER YOGA Wellbeing Studio Emily Etheridge	12:00 - 13:00 YOGA FLOW Wellbeing Studio Emily Young	11:30 - 12:25 AQUA FIT Swimming Pool Jane Christie		13:00 - 13:55 BODY BALANCE Studio A Freya Hodgkin		
LUNCHTIME SESSIONS (12:30 - 16:30)						
	13:00 - 13:55 PILATES Studio B Sharon Ayre	15:15 - 16:15 YOGA Wellbeing Studio Emily Etheridge	12:30 - 13:30 YOGA FLOW Wellbeing Studio Katie Boots	13:00 - 13:55 BODY BALANCE Studio A Freya Hodgkin		
	14:00 - 15:00 FFL PILATES Studio B Sharon Ayre		12:45 - 13:30 AQUA ZUMBA Swimming Pool Caroline Crowe	13:30 - 14:25 PILATES Studio B Jenny Hogg		
EVENING SESSIONS (17:00 - 21:00)						
19:15 - 20:15 YOGA Wellbeing Studio Jo Watkins		19:15 - 20:15 YOGA Wellbeing Studio Philippa Vince	19:00 - 19:55 BODY BALANCE Studio A Freya Hodgkin	19:05 - 20:00 VINYASA YOGA Studio B Jo Watkins		18:00 - 19:00 SLOW FLOW YOGA Wellbeing Studio Joanne Watkins
20:00 - 20:55 BODY BALANCE Studio A + B Freya Hodgkin		20:00 - 20:55 BODY BALANCE Studio B Freya Hodgkin	NON-MEMBER PRICES Wellbeing Classes £8.50 Aqua Classes - Range between £6.20 - £6.50			
		20:30 - 21:15 AQUA FIT Swimming Pool Tamara Smith	MEMBER PRICES Wellbeing Classes - FREE Aqua Classes - FREE Please check our website for all exclusions.			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 - 08:30 3X LANE SWIM 2.0 METRES (50M POOL)	06:00 - 08:30 3X LANE SWIM 2.0 METRES (50M POOL)	06:00 - 07:00 GENERAL LANE SWIM 1.25/2.0 METRES (25M POOL)	06:00 - 08:30 3X LANE SWIM 2.0 METRES (50M POOL)	06:00 - 08:00 3X LANE SWIM 2.0 METRES (50M POOL)	09:00 - 11:00 3X LANE SWIM 2.0 METRES (50M POOL)	07:00 - 11:00 4X LANE SWIM 2.0 METRES (25M POOL)
09:00 - 17:00 GENERAL LANE SWIM 2.0 METRES (25M POOL)	09:00 - 17:00 GENERAL LANE SWIM 2.0 METRES (25M POOL)	07:00 - 08:00 4X LANE SWIM 1.25/2.0 METRES (25M POOL)	09:00 - 17:00 GENERAL LANE SWIM 2.0 METRES (25M POOL)	08:30 - 17:00 GENERAL LANE SWIM 2.0 METRES (25M POOL)	11:30 - 14:00 FAMILY SWIM 1.0/2.0 METRES (25M POOL)	11:30 - 14:00 FAMILY SWIM 1.0/2.0 METRES (25M POOL)
17:00 - 19:30 4X LANE SWIM 0.9/2.0 METRES (25M POOL)	17:00 - 19:00 4X LANE SWIM 0.9/2.0 METRES (25M POOL)	08:00 - 09:00 GENERAL LANE SWIM 1.25/2.0 METRES (25M POOL)	17:00 - 19:00 4X LANE SWIM 0.9/2.0 METRES (25M POOL)	17:00 - 19:00 4X LANE SWIM 0.9/2.0 METRES (25M POOL)	14:00 - 16:30 GENERAL LANE SWIM 1.25/2.0 METRES (25M POOL)	11:30 - 14:00 4X LANE SWIM 1.0/2.0 METRES (50M POOL)
19:30 - 21:30 4X LANE SWIM 1.25/2.0 METRES (25M POOL)	19:00 - 21:00 4X LANE SWIM 2.0 METRES (25M POOL)	09:00 - 14:00 GENERAL LANE SWIM 2.0 METRES (25M POOL)	19:00 - 22:30 4X LANE SWIM 2.0 METRES (25M POOL)	19:00 - 22:30 4X LANE SWIM 2.0 METRES (25M POOL)	16:30 - 18:00 4X LANE SWIM 1.0/2.0 METRES (25M POOL)	14:00 - 17:00 GENERAL SWIM 1.25/2.0 METRES (25M POOL)
21:30 - 22:30 GENERAL LANE SWIM 1.25/2.0 METRES (25M POOL)		16:00 - 18:00 GENERAL LANE SWIM 2.0 METRES (25M POOL)				14:00 - 17:00 4X LANE SWIM 1.25/2.0 METRES (50M POOL)
		20:30 - 22:30 4X LANE SWIM 1.25/2.0 METRES (50M POOL)				

KEY:

- **3X LANE SWIM:** Our 3x swim session offers 3 lanes to the public with slow, medium and fast paced lanes with directional guidance.
- **4X LANE SWIM:** Strictly lane swimming with a double-width lane for slow swimming as well as our usual medium and fast lanes
- **GENERAL SWIM:** This is swimming for all ages and abilities. We offer an open space with a minimum of 3 lanes in width.
- **GENERAL LANE SWIM:** An open space with a minimum of 3 lanes in width, whilst still offering at least 3 lanes for lane swimming including a double-width slow lane.
- **FAMILY SWIM:** Swimming for all ages and abilities. Lanes will also be provided for lane swimming in the pool during these times.

Our swimming timetable is set between certain dates, therefore does not include events and closures. Please check our website for any exclusions to the times above at: surreysportspark.co.uk/home/visitor-information/programme-timetable-changes

Our shallow end offers 12 metres of shallow water before a ramp that leads down to 2 metres in depth.

Aqua Jogging is not permitted during single lane swimming sessions. We offer double lane and general swim sessions where aqua jogging is permitted. Please see above for lane descriptions.