

# Pool Timetable

April 18th - 23rd July

FOR SAFETY NO DIVING ALLOWED IN POOL  
UNDER 8'S MUST BE ACCOMPANIED IN THE WATER BY AN ADULT

	7.30	8 am	8.30	9 am	9.30	10 am	10.30	11 am	11.30	12 pm	12.30	1 pm	1.30	2 pm	2.30	3 pm	3.30	4 pm	4.30	5 pm	5.30	6 pm	6.30	7 pm	7.30	8 pm	8.30	9 pm	9.30
<b>Mon</b>		Adults Only		General Swim					Adults Only	General Swim	50+ Swim	Swimming School 3.45pm - 5.45pm				Gen Swim	Cockermouth Swimming Club												
<b>Tues</b>	Adults Only	General Swim				Ante Natal	Adults Only	General Swimming	Staff Training	Swim School	General Swim	Schools	C'Mouth Swimming Club	Ladies Only	Triathlon/Canoeing	Adults Only													
<b>Wed</b>	Adults Only	General Swim					Adults Only	General Swimming	50+ Swim	Swim School	Cockermouth Swimming Club		General Swim	Aqua Fit	Ladies Only	Masters/Adults Only													
<b>Thurs</b>	Adults Only	Aqua Fit	General Swim			Adults Only	School Swim	General Swim	Schools	Swim School	General Swim	Cockermouth Swimming Club		Masters Training	Adults Lessons	Adults Only													
<b>Fri</b>	Adults Only	50+	Aqua Tots	General Swim	Adults Only	General Swim		Schools	Swim School	General Swim	C'Mouth Swimming Club		Available for hire	Adults Only	Life Saving														
<b>Sat</b>	C'Mouth Swimming Club		General Swim	Swim School	Masters	Aqua Polar Run	Family Swim																						
<b>Sun</b>	Adults Only	Swim School	Family Swimming	For Hire	General Swim		Cockermouth Swimming Club																						

All details correct at time of printing. Management reserve the right to change without notice the content & times of any of the advertised activities in this publication.



**Cockermouth Leisure Centre & Pool**  
Castlegate Drive, Cockermouth, Cumbria CA13 9JR.  
Tel: 01900 823596 Fax: 01900 827908

