

Rugeley Leisure Centre - October Half Term 30/10/2023 - 05/11/2023



	Morning Sessions					Afternoon Sessions			Evening Sessions			
Monday	Lane Swim 7am - 7:50am	Lane Swim 8:10am - 9am	Casual Swim (2 Lanes) 09:10am - 10am	Parent & Toddler 10:10am - 11am	Aqua Aerobics 11:10am - 11:55am	Lane Swim 12pm - 1pm	Casual Swim (2 Lanes) 1:20pm - 2:10pm	Casual Swim (2 Lanes) 2:30pm - 3:20pm	Learn To Swim 3:45pm - 6pm	Casual Swim 6:10pm - 7pm	Chase Swim Club 7:10pm - 9pm	
Tuesday	Lane Swim 7am - 7:50am	Lane Swim 8:10am - 9am	NPLQ Course Training 9am-10.45am		Fun and Floats 11am-11:50am	Lane Swim 12pm - 1pm	Fun and Floats 1.10pm-2pm	Casual Swim (2 Lanes) 2:30pm - 3:20pm	Learn To Swim 3:45pm - 6pm	Aqua Aerobics 6:10pm - 7pm	Casual Swim (2 Lanes) 7:10pm - 8pm	Lane Swim 8:10pm - 9pm
Wednesday	Lane Swim 7am - 7:50am	Lane Swim 8:10am - 9am	Casual Swim (2 Lanes) 09:10am - 10am	Fun and Floats 10.10am-11am	Aqua Aerobics 11:10am - 11:55am	Lane Swim 12pm - 1pm	Casual Swim (2 Lanes) 1:20pm - 2:10pm	Casual Swim (2 Lanes) 2:30pm - 3:20pm	Learn To Swim 3:45pm - 6pm	Casual Swim 6:10pm - 7pm	Phoenix Swim Club 7:10pm - 9pm	
Thursday	Lane Swim 7am - 7:50am	Lane Swim 8:10am - 9am	Casual Swim (2 Lanes) 09:10am - 10am	Parent & Toddler 10:10am - 11am	Toddler Learn to Swim 11:15am - 11.45am	Adult Learn to Swim 12.15pm - 1:05pm	Fun and Floats 1.10pm-2pm	NPLQ Training 2pm-3.30pm	Learn To Swim 3:45pm - 6pm	Disabled Swim & Adult LTS 6:10pm - 7pm	Casual Swim (2 Lanes) 7:10pm - 8pm	Lane Swim 8:10pm - 9pm
Friday	Lane Swim 7am - 7:50am	Lane Swim 8:10am - 9am	Casual Swim (2 Lanes) 09:10am - 10am	Casual Swim (2 Lanes) 10:10am - 11am	Walking in Water 11:10am - 11:55am (Referral Session Only)	Lane Swim 12pm - 1pm	Aqua Aerobics 1:20pm-2:10pm	Casual Swim (2 Lanes) 2:30pm - 3:20pm	Learn To Swim 3:45pm - 6pm	Fun and Floats 6:10pm - 7pm	Casual Swim (2 Lanes) 7:10pm - 8pm	Lane Swim 8:10pm - 9pm
Saturday	Learn To Swim 8am - 11:30am				Casual Swim (2 Lanes) 11:45am - 1:15pm	Casual Swim (2 Lanes) 1:30pm - 2:30pm	Casual Swim (2 Lanes) 2:45pm - 3:45pm	KEY Lane Swim Casual Swim Aqua Aerobics Learn To Swim Club Hire Parent & Toddler Fun and Floats				
Sunday	Lane Swim 8:10am - 9am	Casual Swim (2 Lanes) 09:10am - 10am	Casual Swim (2 Lanes) 10:10am - 11am	Casual swim (2 Lanes) 11.15am - 12:15pm	Lane Swim 12:30pm - 1:30pm	Casual Swim (2 Lanes) 1:40pm - 2:30pm	Stafford Tri Club 2:45pm - 3:45pm					

Learn to Swim
Please speak to our reception team



Scan the QR code for the most up to date timetable information. Or visit www.rugeleyleisurecentre.org

Lane swim, adult lessons and group exercise can be booked online at www.inspiredbookings.org

Casual Swims & Fun & Floats

No need to book, just turn up & pay at reception - please note session are first come first serve basis