

Phone: 01268 465438 - Email: pitseaswimmingpool@basildon.gov.uk

Pitsea Swimming Pool - Opening Times during School Terms 2010

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| Monday | 07.00am to 09.00am 12.00pm to 2.00pm 6.00pm to 8.00pm 8.00pm to 9.00pm 9.00pm to 10.00pm | Rise and Shine General Swimming General Swimming Aqua Fit 16 'N' Over |
| Tuesday | 12.00pm to 2.00pm 2.00pm to 3.00pm 7.00pm to 8.00pm 8.00pm to 9.30pm | General Swimming Shark-Fin-Fun Aqua Fit General Swimming |
| Wednesday | 07.00am to 8.45am 11.00pm to 1.00pm 1.00pm to 2.00pm 8.00pm to 9.30pm | Rise and Shine General Swimming Nifty 50's Aquacise Ladies only (16+ only) |
| Thursday | 12.00pm to 2.00pm 8.00pm to 9.30pm | General Swimming General Swimming |
| Friday | 07.00am to 9.00am 10.00am to 11.00am 11.00am to 2.00am 2.00pm to 3.00pm 6.00pm to 8.00pm | Rise and Shine Aqua Fit General Swimming Aqua Fit General Swimming |
| Saturday | 07.00am to 8.30am 11.00am to 3.00pm | Rise & Shine General Swimming |
| Sunday | 07.00am to 8.30am 08.30am to 1.45pm | Rise & Shine General Swimming |

**Pitsea Swimming Pool - Opening Times during School Holidays
(Subject to change)**

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| Monday | 07.00am to 09.00am 09.00am to 12.00pm 12.00pm to 1.00pm 1.00pm to 3.00pm 3.00pm to 8.00pm 8.00pm to 9.00pm 9.00pm to 10.00pm | RISE AND SHINE (lane swimming) GENERAL SWIM ADULTS ONLY (18+) FUN TIME GENERAL SWIM AQUACISE ADULTS ONLY (18+) |
| Tuesday | 09.00am to 1.00pm 1.00pm to 3.00pm 3.00pm to 7.00pm 7.00pm to 8.00pm 8.00pm to 9.30pm | GENERAL SWIM FUN TIME GENERAL SWIM AQUACISE FAMILY SWIM |
| Wednesday | 07.00am to 09.00am 09.00am to 1.00pm 1.00pm to 2.00pm 2.00pm to 5.00pm 8.00pm to 9.30pm | RISE AND SHINE (lane swimming) GENERAL SWIM NIFTY FIFTY'S GENERAL SWIM LADIES ONLY (16+) |
| Thursday | 09.00am to 12.00pm 12.00pm to 1.00pm 1.00pm to 3.00pm 3.00pm to 6.00pm 8.00pm to 9.30pm | GENERAL SWIM ADULTS ONLY (18+) FUN TIME GENERAL SWIM LADIES ONLY (16+) |
| Friday | 07.00am to 09.00am 09.00am to 10.00am 2.00pm to 3.00pm 3.00pm to 8.00pm | RISE AND SHINE (lane swimming) GENERAL SWIM AQUA FIT FAMILY SWIM |
| Saturday | 07.00am to 08.30am 08.30am to 4.00pm | ADULTS ONLY (18+) FAMILY SWIM |
| Sunday | 07.00am to 09.00am 09.00am to 1.45pm | ADULTS ONLY (18+) GENERAL SWIM |

Admissions policy

No child under the age of **8** years old will be admitted to the pool without being accompanied by a parent, guardian or responsible person over the age of **16**.

In general swimming sessions children under **4** years old must be accompanied on a **1 to 1** basis (main pool)

Children aged between **4 and 7** years old must be accompanied by a responsible person on a maximum of a **2 to 1** basis (Main Pool).

In the small pool a ratio of **2 – 1** will apply to children under 4.

Children aged **4 – 7** years a ratio of **3 – 1** will apply (small Pool)

SWIM SHOP

A FULL RANGE OF SWIMMING AIDS AND ACCESSORIES ARE AVAILABLE FROM ALL THREE POOLS PLEASE ASK AT RECEPTION FOR DETAILS



We can provide swimming lessons for children as young as six months old up and adults of any age.

Classes are held at various times and days to enable maximum participation for all.

Tutors are fully qualified and hold a current nationally recognised rescue qualification to ensure the highest standards of quality and safety.