

Corby East Midlands International Pool Water Wellbeing Programme

Day	Diving End of Main Pool	Fun Pool End of Main	Main 25m Pool	20m Pool
		Pool	1.8m depth	1m depth
				accessible stairs & hoist
Monday	10:30-12.00	19:00-19:30		12:00-13:00
	Leisure swim for older	Adult Swimming Lessons		Leisure swim for individuals with disabilities and additional needs, takes place in
	adults 1.4m depth	for Beginners		a warmer pool, ideal for rehabilitation.
	Dimentia Friendly session	19:30-20:00		
		Adult Swimming Lesssons		
		for Improvers		
	12:00-13:00	08:00-09:00		
	Good Boost Session	SEN 1:1 swimming Lessons		
	1.2m depth			
<u>Tuesday</u>	12:00-13:00	19:00-20:00		12:00-13:00
	Aqua for Pregnant Ladies	Teen Swimming Lessons.		Leisure swim for individuals with disabilities and additional needs, takes place in
	1.2m depth			a warmer pool, ideal for rehabilitation.
Wednesday	14:30-15:30			12:00-13:00
	Leisure swim for older			Leisure swim for individuals with disabilities and additional needs, takes place in
	adults 1.4m depth Dimentia Friendly session			a warmer pool, ideal for rehabilitation.
	1.4m depth			
	1. IIII deptii			14:00-15:00
				Good Boost Session
Thursday	20:00-21:00	19:00-19:30		12:00-13:00
	Adult Diving Lessons	Adult Improver Swimming		Leisure swim for individuals with disabilities and additional needs, takes place
	4m depth	Lessons		in a warmer pool, ideal for rehabilitation.
		19:30-20:00		
		Adult Swimming Lessons		
		for Beginners		
<u>Friday</u>		08:00-09:00		12:00-13:00
		SEN 1:1 swimming Lessons		Leisure swim for individuals with disabilities and additional needs, takes place in
				a warmer pool, ideal for rehabilitation.
				14:00-15:00
				Good Boost Session
<u>Saturday</u>		08:00-08:30	08:00-08:30	X1 SEN Session every month 17:30-18:45- out of hours
		Adult Swimming Lessons	Adult Improver	Leisure Swim sessions available 14:00-17:00
		for Beginners	SwimmingLessons	
<u>Sunday</u>				Leisure Swim sessions available 12:00-17:00

