



THE RUNNYMEDE
ON THAMES

SWIMMING PROGRAMME

ADULT LANE SWIMMING

One hour swimming sessions for adults only.
Dip in and out of your lane at leisure and relax on
your allocated lounge in-between lengths.

Monday - Friday

06.30 - 07.30
07.45 - 08.45
09.00 - 10.00
10.15 - 11.15
11.30 - 12.30
12.45 - 13.45
14.00 - 15.00
15.15 - 16.15
17.45 - 18.45
19.00 - 20.00
20.00 - 21.00

Saturday - Sunday

08.00 - 09.00
09.15 - 10.15
11.45 - 12.45
13.00 - 14.00
14.15 - 15.15
16.45 - 17.45
18.00 - 19.00
19.00 - 20.00



THE RUNNYMEDE
ON THAMES

SWIMMING PROGRAMME

FAMILY SWIM

Dedicated one hour pool sessions for families with children.
To book please visit spa reception or call 01784 220960.

Monday - Friday

16.30 - 17.30

Saturday - Sunday

10.30 - 11.30

15.30 - 16.30

WATER FIT CLASS

The indoor pool will be closed for swimming during
these times.

Tuesday & Thursday

11.30 - 12.15