MEMBERS' ACTIVITIES

Monday 16th November - Sunday 22nd November

TSC TONBRIDGE SCHOOL

POOL

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
06:00 - 07:30 Lane Swimming	**06:00 - 07:30** Lane Swimming	**06:00 - 07:00** Lane Swimming	**06:00 - 08:45** Members Swim	**06:00 - 07:30** Lane Swimming	**08:00 - 09:30** Members Swim	**09:00 - 10:30** Members Swim
07:30 - 09:00 Double Lane Swimming	**07:30 - 08:45** Members Swim	**07:00 - 08:30** Double Lane Swimming	**08:45 - 11:45** Adult Only Lane Swimming	**07:30 - 10:30** Members Swim	**09:30 - 11:00** Family Splash	**10:30 - 12:30** Family Splash
09:00 - 11:00 Adult Only Lane Swimming	**08:45 - 09:30** Adult Only Lane Swimming	**08:30 - 11:30** Adult Only Lane Swimming	**12:45 - 14:00** Members Swim	**11:30 - 12:30** Members Swim	**11:00 - 14:00** Adult Only Lane Swimming	**12:30 - 13:30** Adult Only Members Swimming
12:00 - 13:00 Members Swim	**09:30 - 10:30** Members Swim	**12:30 - 13:45** Double Lane Swimming	**17:30 - 19:00** Members Swim	**12:30 - 13:30** Double Lane Swimming	**17:00 - 19:00** Members Swim	**16:00 - 17:30** Members Swim
13:00 - 14:00 Double Lane Swimming	**11:30 -14:00** Members Swim	**16:00 - 18:00** Adult Only Lane Swimming	**19:00 - 20:00** Adult Only Members Swim	**14:30 - 16:30** Members Swim	**19:00 - 20:00** Adult Only Members Swm	
15:00 -16:00 Members Swim	**17:30 - 19:30** Members Swim	**18:00 -19:30** Members Swim		**18:00 - 19:00** Members Swim		
17:30 - 19:30 Adult Only Lane Swimming						
19:30 - 21:00 Adult Only Members Swimming						

Lane Swimming
Single-lane swimming for adults and children; another activity takes place in the other half of the pool.

Double Lane Swimming
Adults and children swim in a double lane. Children must be competent swimmers who can confidently swim lengths.

Adult Only Lane Swimming
Single-lane swimming for adult members aged 16+; another activity takes place in the other half of the pool.

Members Swim
Lane swimming in half the pool and casual swimming in the other half, for adult and child members.

Adult Only Members Swim
Lane swimming in half the pool and casual swimming in the other half, for adult members aged 16+.

Family Splash
Family session with floats in half the pool and lane swimming in the other half. No sinkers allowed.

Please note on Tuesday mornings 11:30am - 1:30pm, the Swimming Pool and Fitness Suite are shared with Active Life Members

	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
Sauna	**07:00 - 16:30** **17:30 - 21:00**	**07:00 - 14:00** **17:30 - 21:00**	**07:00 - 13:45** **16:00 - 21:00**	**07:00 - 14:00** **17:30 - 21:00**	**07:00 - 13:30** **15:30 - 16:30** **18:00 - 21:00**	**09:00 - 14:00** **17:00 - 20:00**	**10:00 - 15:00** **16:00 - 19:00**
Fitness Suite	**06:00 - 16:30** **18:00 - 21:00**	**06:00 - 14:00** **18:00 - 21:00**	**06:00 - 15:00** **16:30 - 21:00**	**06:00 - 14:00** **18:00 - 21:00**	**06:00 - 16:30** **18:00 - 21:00**	**08:00 - 14:00** **17:00 - 20:00**	**09:00 - 13:00** **16:00 - 19:30**
Athletics Track	**07:00 - 16:00**	**07:00 - 14:00**	**07:00 -13:30** **16:30 - 18:00**	**07:00 - 14:00**	**07:00 - 16:00**	**10:00 - 14:00** **17:00 - 20:00**	**13:00 - 19:00**
Clay Tennis Courts	**07:00 - 15:45** **20:15 - 21:00**	**07:00 - 14:00** **20:15 - 21:00**	**07:00 - 14:00** **17:00 - 21:00**	**07:00 - 14:00** **20:15 - 21:00**	**07:00 - 16:00** **18:15 - 21:00**	**08:00 - 13:00** **17:00 - 20:00**	**09:00 - 10:00** **16:00 - 19:00**

Athletics Track: Inside two lanes of the Track are not to be used.
Tennis Courts: Can be book online or via the TSC reception

tsc@tonbridge-school.org 01732 304111 tonbridgeschoolcentre.co.uk