

Summer schedule

22nd of July until the 1st of September 2019

Swimming pool

Activities

Monday

09.45 - 12.00	Swimming lessons
12.00 - 13.00	Lane swimming*
13.00 - 17.00	Recreational swimming
18.15 - 19.30	Lane swimming*
20.00 - 21.30	Aquafit only for ladies* (female supervision, incl. ½ hour lesson)

Tuesday

07.00 - 08.30	Lane swimming*
09.00 - 10.30	Aquavital* mixed group (incl. ½ hour lesson)
10.30 - 12.00	Swimming for babies and toddlers
12.00 - 13.00	Lane swimming*
13.00 - 17.00	Recreational swimming
18.15 - 19.30	Lane swimming*
19.30 - 20.15	Aquarobics (swim out till 8.30 p.m.)
20.30 - 21.30	Lane swimming

Wednesday

12.00 - 13.00	Lane swimming*
13.00 - 17.00	Recreational swimming
18.15 - 19.30	Lane swimming*
19.30 - 21.30	Recreational swimming

Thursday

10.00 - 12.00	Swimming for seniors and swimming for babies and toddlers
12.00 - 13.00	Lane swimming*
13.00 - 15.30	Swimming for seniors* (incl. ½ hour fifty-fit)
16.00 - 18.15	Swimming lessons
18.15 - 19.30	Lane swimming*
19.30 - 20.15	Aqua Kickboxing (swim out till 8.30 p.m.)
20.30 - 21.30	Lane swimming*

Friday

12.00 - 13.00	Lane swimming*
13.00 - 17.00	Recreational swimming

Saturday

09.45 - 12.00	Swimming lessons
12.00 - 13.00	Lane swimming*
13.30 - 15.00	Swimming for mothers and children (boys until 8 years and female supervision)

Sunday

09.30 - 10.30	Lane swimming*
10.30 - 12.00	Swimming for little children with their parents
12.00 - 14.00	Family swimming
14.00 - 16.00	Recreational swimming

* During our activities you can use the steam cabin.

Crash course private wimming lessons

During the summer holiday we offer 1:1 private lessons for children and adults. Contact our front desk for more information.

Swimming lessons

Swim-ABC	Monday/Saturday	Thursday
Pool 1 and 2	09.45 - 10.30	16.00 - 16.45
Pool 2 and 3	10.30 - 11.15	16.45 - 17.30
Pool 4, B and C	11.15 - 12.00	17.30 - 18.15

Participation in the summer swimming lessons is only possible after registration and payment at our front desk.

the following activities: Swimming lessons for adults, Swimming skills, Snorkeling and Project Z are cancelled during the summer holiday. Subscriptions will be extended with six weeks, with the exception of Project Z.

Tanning bed

During the openings hour of the swimming pool you can use our tanning bed with face tanner.

SportLokaal buurtfitness

You can visit SportLokaal according to the regular opening schedule during the summer holiday.

Fitness/functional training room

Monday	11.30 - 15.00	18.00 - 21.30
Tuesday	08.30 - 12.30	18.00 - 21.30
Wednesday	13.00 - 21.30	
Thursday	11.30 - 15.00	18.00 - 21.30
Friday	08.30 - 12.30	18.00 - 21.30
Saturday	09.30 - 14.30	
Sunday	09.30 - 14.30	

Group lessons

Monday	19.30 - 20.30	boksfit
Tuesday	19.30 - 20.15	aquarobics
	19.30 - 20.30	powerpump
Wednesday	19.00 - 20.00	cardioboost
	20.00 - 21.00	tropical body workout
Thursday	19.30 - 20.15	aqua kickboxing
Friday	10.30 - 11.30	fresh friday workout
Saturday	10.30 - 11.15	crosstraining
Sunday	10.30 - 11.30	boksfit

Sport halls

The sport halls are closed from the 22nd of July until the 18th of August.

We are opened from the 19th of August until the 1st of September according to the following schedule:

Monday until Saturday	15.00 - 21.00
Sunday	12.00 - 17.00

Catering and bowling

Our catering and bowling are closed from the 22nd of July until the 18th of August. We are opened from the 19th of August until the 1st of September according to the following schedule:

Monday until Saturday	15.00 - 21.00
Sunday	12.00 - 17.00

Come and visit us, also in the summer!

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