



Notts County Foundation

The Portland Centre

Pool Timetable

Monday

Times	Activity
9.45am-10.30am	Aqua Class *
11am-12am	School Swimming
1.30pm-2.30pm	School Swimming
4pm-6.45pm	Swimming Lessons**
7pm-9pm	Portland Swim Club
9pm-10pm	Adults Lane Swim*

Friday

Times	Activity
7am-8am	Adults Lane Swim*
9am-11am	Swimming Lessons**
11am-12pm	Wellbeing Swim*
12pm-1pm	General Swim *
1.30pm-2.30pm	School Swimming
4pm-6.45pm	Junior Swimming Lessons**
7pm-8pm	Portland Swim Club
8pm-9pm	Adult swimming Lessons**
9pm-10pm	Adults Only Lane swim*

Tuesday

Times	Activity
10am-11am	Nifty Fifty Swim
1.30pm-2.30pm	School Swimming
4pm-6pm	Swimming Lessons**
6pm-7pm	Adults only Lane Swim*
7pm-8pm	General Swim *
8pm-9pm	Adult lessons**
9pm-10pm	Adult Lane Swim*

Saturday

Times	Activity
8.30am-11.45pm	Swimming Lessons**
12.00pm-1.00pm	General Swim*

Wednesday

Times	Activity
7am-8am	Adults only Lane Swim*
8am-9am	Ladies only swim*
9.30am-12pm	School Swimming
12.15pm-1.15pm	General Swim *
1.30pm-2.30pm	School Swimming
7pm-9pm	Portland Swim Club
9pm-10pm	Adult Lane Swim*

Sunday

Times	Activity
9am-10.30am	Adults Only lane swim (Half Pool) *
11am-4pm	General Swim (Half Pool) *

Thursday

Times	Activity
7am-8am	Adults Lane swim*
8am-9am	General Swim *
9.30am-12am	School Swimming
12.15pm-1.15pm	General Swim *
1.30pm-3pm	School Swimming
4pm-6.45pm	Swimming Lessons**
7pm-8pm	Portland Swim Club
8pm-9pm	General Swim*
9pm-10pm	Adults Lane Swim*

* Please make sure you book on for all sessions by calling 0115 8599968.

*Please note that on Sunday you must book an hour slot for the General swim session

** Swimming lessons bookable by contacting kath.radmall@theportlandcentre.co.uk

