



Inspiring a healthy community, investing in learning

## Term Time Swimming Timetable

Monday	06:30-08:30 Lane/individual swimming	08:30—09:15 Aqua Aerobics			18:30-21:30 Lane/individual swimming	
Tuesday	06:30-09:00 Lane/individual swimming				18:30-21:30 Lane/individual swimming	
Wednesday	06:30-08:30 Lane/individual swimming	08:30—09:15 Aqua Aerobics			18:30-20:00 Open/family swim	20:00-21:30 Lane/individual swimming
Thursday	06:30-09:00 Lane/individual swimming				18:00-18:45 Aqua Zumba	19:00-21:30 Lane/individual swimming
Friday	06:30-09:00 Lane/individual swimming				18:30-21:30 Lane/individual swimming	
Saturday	06:30-08:30 Lane/individual swimming			15:00-17:00 Open/family swim		
Sunday		11:00-13:00 Open/family swim		14:00-17:00 Open/family swim		

All aqua classes must be pre-booked via our online booking system, please visit <https://www.aylshamhigh.com/aylshamsportshub>

Aqua Aerobics Aqua Zumba classes — £2 for members, £5 for non-members

**Members— Free    Family of 4— £13    Adult—£5.50    Child—£3.50    Under 3's—Free**

**Memberships are available from £18.50 per month for an adult.**

Please contact Aylsham Sports Hub for more information on 01263 738966 Email: [memberships@aylshamsportshub.co.uk](mailto:memberships@aylshamsportshub.co.uk)



Aylsham Sports Hub

Aylsham High School, access via Bure Meadows Estate, NR11 6AN