



Benton Hall
Golf & Country Club

BENTON HALL POOL PROGRAMME

MAY - JULY 2019

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun				
06.30	Adults Only 06.30 - 11.15	Adults Only 06.30 - 11.15	Adults Only 06.30 - 11.15	Adults Only 06.30 - 11.15	Adults Only 06.30 - 11.15	Opens 07.00					
07.00						Adults Only 07.00 - 11.00	Adults Only 07.00 - 11.00				
07.30											
08.00											
08.30											
09.00											
09.30											
10.00											
10.30	Aqua 10.30 - 11.15		Aqua 10.30 - 11.15		Aqua 10.30 - 11.15						
11.00						Family Splash 11.15 - 12.15					
11.30		Swimming Lessons 11.30 - 13.30	Family Times 11.15 - 18.00	Swimming Lessons 11.15-1.15	Family Times 11.15 - 18.00	Family Times 11.00 - 17.00	Family Times 11.00 - 17.00				
12.00											
12.30	Swimming Lessons 12.00 - 14.30										
13.00											
13.30				Family Times 11.15 - 18.00	Family Times 11.15 - 18.00	Family Times 11.00 - 17.00	Family Times 11.00 - 17.00				
14.00		Aqua Hotspot 14.00 - 14.45	Aqua 14.00 - 14.45								
14.30	Family Times 11.15 - 18.00	Family Times 11.15 - 18.00									
15.00								Family Splash 15.00 - 16.00			
15.30											
16.00	Swimming Lessons 16.00 - 18.00	Swimming Lessons 16.00 - 18.00	Swimming Lessons 16.00 - 18.00	Swimming Lessons 16.00 - 18.00	Family Times 11.15 - 18.00	Family Times 11.00 - 17.00	Family Times 11.00 - 17.00				
16.30											
17.00											
17.30											
18.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 18.00 - 22.00	Adults Only 17.00 - 20.00	Adults Only 17.00 - 20.00				
18.30											
19.00											
19.30											
20.00								Aqua 19.45 - 20.30			
20.30											
21.00											
21.30											

Aqua - An aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

Swimming Lessons
Childrens lessons are offered for members and non members, please see reception for more details.

Health Club Opening Times:
6.30am - 10.00pm Weekdays
7.00am - 8.00pm Saturdays
7.00am - 8.00pm Sundays

Notes: Aqua Classes, Swim Lessons, Family Times And Family Splash Times - lane restrictions apply. Please be advised that a pool lane rope may be removed during aqua classes. The fast lane and a small section of the main pool are used during swimming lessons between 4-6pm.