

Facilities include

- 25 metre Fitness Pool
- Astroturf and Floodlights
- Fitness Suite
- Studio (inc. Pilates & Spinning classes)
- Spectator Seating
- Vending Machines
- Skate Park and Floodlights
(adjacent to facility)

Our fully trained staff will be happy to assist you with any bookings or enquiries that you have.

Tel: 01255 686176

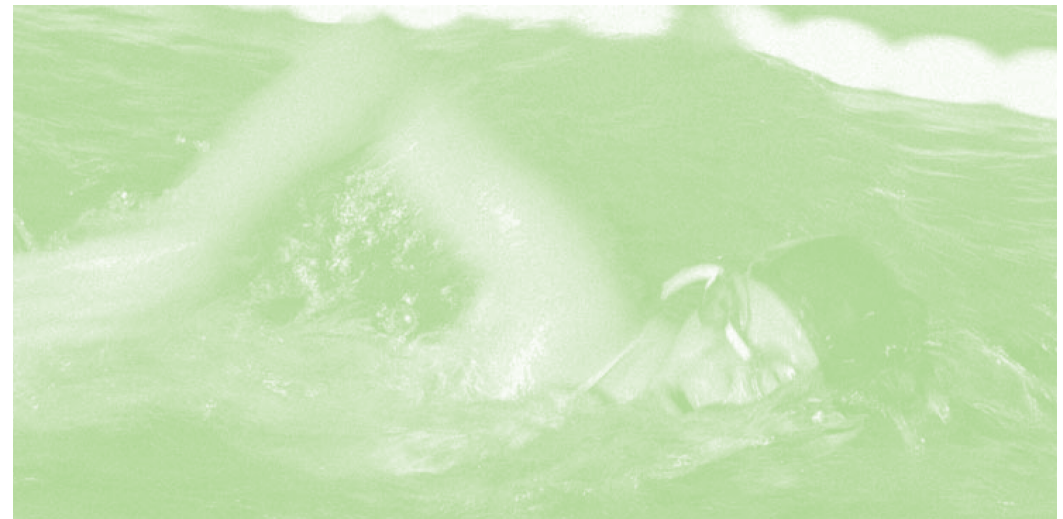
WE HOPE TO SEE YOU SOON

We value your comments

Please let us know your views on the Centre.
Comment Cards are situated in the reception area.

All information in this leaflet is correct at the time of print but may be subject to change.

Visit our Website at www.tendringdc.gov.uk



Information Guide

DOVERCOURT BAY LIFESTYLES

Tendring
District Council



SAFEchild



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SCHOOL HOLIDAY TIMETABLE

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MONDAY		7 - 9.30 Dawn Dip (Public)	9.30 - 10.30 Parent & Toddler					10.30 - 6 Public Swim							6 - 10 Club Use	
TUESDAY		7 - 9.30 Dawn Dip (Public)	9.30 - 10.30 Aqua Aerobics				10.30 - 4 Public Swim			4 - 5 Junior Lessons			5.00 - 9.30 Public Swim			
WEDNESDAY		7 - 10.30 Dawn Dip (Public)	10.30 - 11.30 50+ & Disabled				11.30 - 4 Public Swim			4 - 6.30 Junior Lessons			6.30 - 9 Adults Only			Sub Aqua Club
THURSDAY		7 - 10 Dawn Dip (Public)	10 - 12 Junior Fun Session				12 - 5.30 Public Swim					Junior Lessons		6 - 9 Club Use		
FRIDAY		7 - 9.30 Dawn Dip (Public)	9.30 - 10.30 Parent & Toddler 9.30 - 10.30 Diving Lesson				10.30 - 4 Public Swim			4 + 6 Junior Lesson			6 - 9 Public Swim			
SATURDAY	Cleaning Duties	8 - 9 Public Swim	9 - 10 Parent & Toddler	10 - 11 Disabled	11 - 12.50 Junior Fun Session				1 - 6 Public Swim					Available For Hire (Birthday Parties, Galas, etc.)		
SUNDAY	Cleaning Duties		9 - 11 Public Swim		11 - 1 Float Fun Session				1 - 6 Public Swim					6 - 9 Club Use		

Swimmers must exit the pool 5 minutes before the end of a Public Session.

SCHOOL TERM TIMETABLE

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MONDAY		7 - 8.30 Dawn Dip (Public)	8.30 - 9.30 Schools	9.30 - 10.30 Parent & Toddler				Schools							6 - 10 Club Use	
TUESDAY		7 - 8.30 Dawn Dip (Public)	8.30 - 9.30 Schools	9.30 - 10.30 Aqua Aerobics			10.30 - 4 Public Swim			4 - 5 Junior Lessons			5 - 9.30 Public Swim			
WEDNESDAY		7 - 8.30 Dawn Dip (Public)	8.30 - 10.30 Schools	10.30 - 11.30 50+ & Disabled			11.30 - 4 Public Swim			4 - 6.30 Junior Lessons			6.30 - 9 Adults Only			Sub Aqua Club
THURSDAY		7 - 8.30 Dawn Dip (Public)	8.30 - 9.30 Schools	9.30 - 1.15 Public Swim					1.15 - 5.30 Schools			Junior Lessons		6 - 9 Club Use		
FRIDAY		7 - 8.30 Dawn Dip (Public)	8.30 - 9.30 Schools	9.30 - 10.30 Parent & Toddler 9.30 - 10.30 Diving Lesson			10.30 - 4 Public Swim			Schools	4 + 6 Junior Lesson		6 - 9 Public Swim			
SATURDAY	Cleaning Duties	8 - 9 Public Swim	9 - 10 Parent & Toddler	10 - 11 Disabled	11 - 12.50 Junior Fun Session				1 - 6 Public Swim					Available For Hire (Birthday Parties, Galas, etc.)		
SUNDAY	Cleaning Duties		9 - 11 Public Swim		11 - 1 Float Fun Session				1 - 6 Public Swim					6 - 9 Club Use		

Swimmers must exit the pool 5 minutes before the end of a Public Session.