

Timetable

* Supervised session by trained instructor.

POOL CLOSED TO THE PUBLIC.
Timetable correct at time of print.
Please contact centre to confirm.

	7.00	7.30	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.45
MON	WAKEY WAKEY Early Birds Lane Swimming		Mixed Swimming Aquafit 9.45-10.30am			Adults Only (local school holidays)		Mixed Swimming Swim Borders Pre School 3.30-4.00pm				Swim Borders Tuition*		Mixed Swimming	Lane Swimming	Adult Tuition	Aquafit										
TUE	WAKEY WAKEY Early Birds Lane Swimming		Mixed Swimming			Adults Only (local school holidays)		Mixed Swimming Swim Borders Pre School 3.30-4.00pm				Swim Borders Tuition*		Mixed Swimming	Lane Swimming	Ladies Only	Lane Swimming										
WED	WAKEY WAKEY Early Birds Lane Swimming		Mixed Swimming, Aquafit 10-10.45am, Parent & Child 11am-12pm			Adults Only (local school holidays)		Mixed Swimming Swim Borders Pre School 3.30-4.00pm				Swim Borders Tuition*		Mixed Swimming	Lane Swimming		Aquafit										
THUR	WAKEY WAKEY Early Birds Lane Swimming		Mixed Swimming			Adults Only (local school holidays)		Mixed Swimming Swim Borders Pre School 3.30-4.00pm				Swim Borders Tuition*		Mixed Swimming	Lane Swimming		Kelsac Sub Aqua Club										
FRI	WAKEY WAKEY Early Birds Lane Swimming		Mixed Swimming Parent & Child 10-11.30am			Adults Only (local school holidays)		Mixed Swimming Swim Borders Pre School 3.30-4.00pm				Swim Borders Tuition*				DISCO											
SAT	WAKEY WAKEY Early Birds Lanes		Adults & Under 5's Only		Mixed Swimming			Pool available for Private Hire and Birthday Parties																			
SUN	WAKEY WAKEY Early Birds Lanes		Mixed Swimming			Pool available for Private Hire and Birthday Parties																					

Kelso Swimming Pool is a delightful family orientated centre that offers an unrivalled mix of fitness, fun and relaxation for the whole family. The facility includes a 25m x 10m swimming pool, an Aqua Gym, a steam room and a vending café area.

There is a varied activity programme on offer all year, which includes early morning swims, aquacise classes and weekly discos for the children.

Child Admission Policy: Under 8's must be accompanied by an adult.



BORDERS SPORT AND LEISURE TRUST
SWIM
BORDERS



Borders Sport and Leisure Trust Registered Charity No. SCO34227

Swim Borders is the Learn to Swim programme offered at Kelso Swimming Pool. The programme encompasses swimming for all, from 6 month old babies to adult improvers. There are classes to suit all ages and abilities.

Active Borders membership packages are available at the Swimming Pool. With Swim Only, Gym and Swim and Premier packages, there is an option to suit the exercise needs of everyone, whether it be swimming pool based or utilising the other facilities of Borders Sport and Leisure Trust.

BORDERS SPORT AND LEISURE TRUST
KELSO SWIMMING POOL

Inch Road, Kelso TD5 7JP. Tel: 01573 224944
Email: kelso@bslt.org.uk Website: www.bslt.org.uk

SWIMMING POOL • STEAM ROOM • INFLATABLES • AQUA GYM • TUITION

BORDERS SPORT AND LEISURE TRUST

Kelso
SWIMMING POOL

