

The Twitter logo, featuring the word "twitter" in a white, lowercase, sans-serif font and a white bird icon to its right, all set against a solid blue rectangular background.

MONMOUTH
SCHOOL SPORTS
CLUB

NOW ON TWITTER

FOLLOW US FOR
ALL YOUR LATEST
SPORTS CLUB NEWS

@MonmouthSports

The Twitter logo, featuring the word "twitter" in a white, lowercase, sans-serif font and a white bird icon to its right, all set against a solid blue rectangular background.

Monmouth School Sports Club
01600 714381
www.mssportsclub.com

SUMMER HOLIDAY SWIM & GYM TIMES

**Mon 10th July - Sun 3rd September
2017**

PLEASE CHECK TIMES DAILY AS THERE ARE A FEW
IRREGULAR TIMES TO ACCOMMODATE VARIOUS EVENTS.
NORMAL DOOR OPENING TIMES APPLY.
NORMAL FITNESS SUITE QUIET TIMES APPLY.

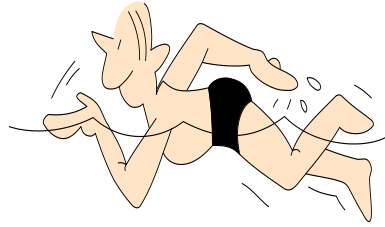
MONDAY 10th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
(inc P&T lesson 12.30-1pm)
5.30pm – 7.30pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



TUESDAY 11th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
5.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

WEDNESDAY 12th JULY

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
(inc P&T lesson 12.30-1pm)
4.30pm – 7.00pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

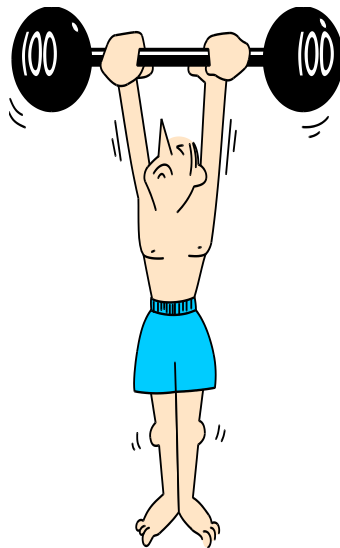
THURSDAY 13th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*4.30pm – 7.30pm
*9.00pm - 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



FRIDAY 14th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

SATURDAY 15th JULY

SWIM

8.00am – 12.30pm
3.15pm – 5.00pm

GYM

8.00am – 1.00pm
2.00pm – 5.00pm

SUNDAY 16th JULY

SWIM

9.00am – 12.30pm
3.15pm – 5.00pm

GYM

9.00am – 1.00pm
2.00pm – 5.00pm

* = altered time

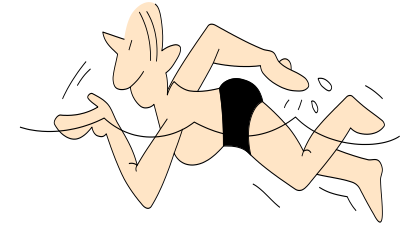
MONDAY 28th AUGUST (Summer Bank Holiday)

SWIM

*8.00am – 1.00pm
Club Closes at 1pm

GYM

8.00am – 1.00pm



TUESDAY 29th AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

WEDNESDAY 30th AUGUST

SWIM

*6.45am – 9.00am
*NO LUNCH TIME SWIM
*5.30pm – 7.00pm

GYM

6.45am – 7.00pm

THURSDAY 31st AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm
(Tri Club x2 lanes 7.30pm – 8.30pm)

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

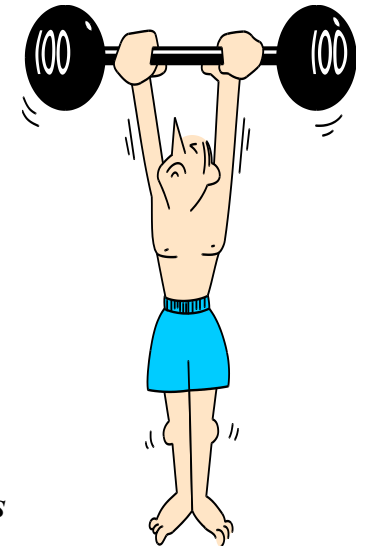
FRIDAY 1st SEPTEMBER

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



SATURDAY 2nd SEPTEMBER

SWIM

8.00am – 12.30pm
3.15pm – 5.00pm

GYM

8.00am – 1.00pm
2.00pm – 5.00pm

SUNDAY 3rd SEPTEMBER

SWIM

9.00am – 12.30pm
3.15pm – 5.00pm

GYM

9.00am – 1.00pm
2.00pm – 5.00pm

REFER TO NEW TERM TIMETABLE AFTER THIS DATE

* = altered time

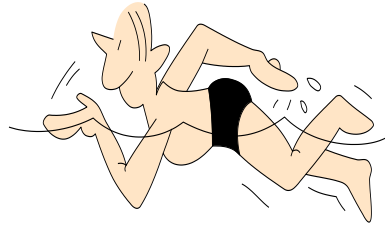
MONDAY 21st AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 7.30pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



TUESDAY 22nd AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

WEDNESDAY 23rd AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

THURSDAY 24th AUGUST

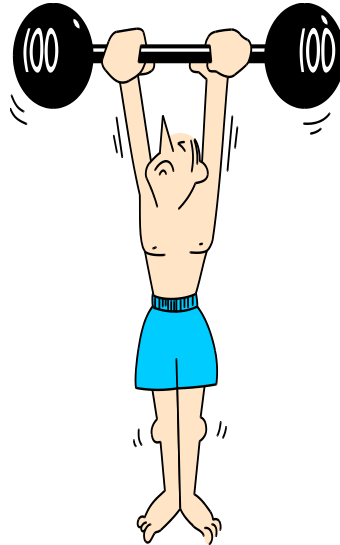
SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

(Tri Club x2 lanes 7.30pm – 8.30pm)



FRIDAY 25th AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

SATURDAY 26th AUGUST

SWIM

8.00am – 12.30pm
3.15pm – 5.00pm

GYM

8.00am – 1.00pm
2.00pm – 5.00pm

SUNDAY 27th AUGUST

SWIM

9.00am – 12.30pm
3.15pm – 5.00pm

GYM

9.00am – 1.00pm
2.00pm – 5.00pm

* = altered time

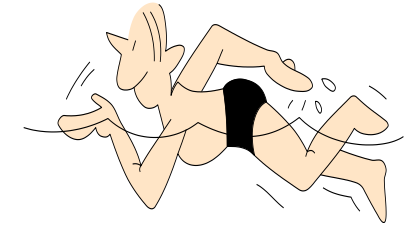
MONDAY 17th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
(inc P&T lesson 12.30-1pm)
5.30pm – 7.30pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



TUESDAY 18th JULY

SWIM

6.45am – 9.30am
12.30pm – 2.00pm
5.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

WEDNESDAY 19th JULY

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
(inc P&T lesson 12.30-1pm)
*4.30pm – 7.00pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

THURSDAY 20th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 7.30pm
*9.00pm - 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

FRIDAY 21st JULY

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

SATURDAY 22nd JULY

SWIM

8.00am – 12.30pm
3.15pm – 5.00pm

GYM

8.00am – 1.00pm
2.00pm – 5.00pm

SUNDAY 23rd JULY

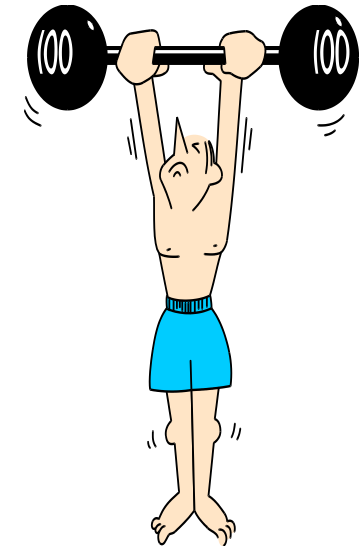
SWIM

9.00am - 12.30pm
3.15pm – 5.00pm

GYM

9.00am – 1.00pm
2.00pm – 5.00pm

* = altered time



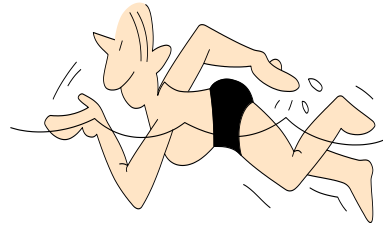
MONDAY 24th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*5.30pm – 7.30pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



TUESDAY 25th JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*5.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

WEDNESDAY 26th JULY

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
*4.30pm – 7.30pm
*9.00 - 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

THURSDAY 27th JULY

SWIM

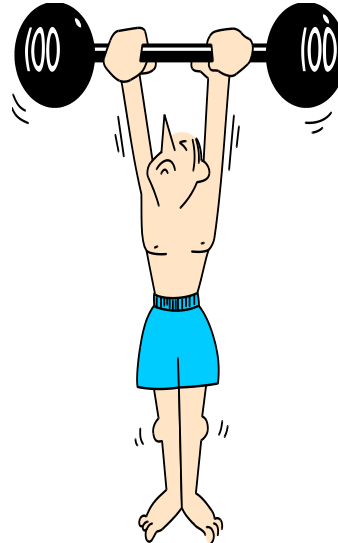
*6.45am – 9.00am

(Staff Training Day)

(Sports Club Open 6.45am – 9am only)

GYM

6.45am – 9.00am



FRIDAY 28th JULY

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

SATURDAY 29th JULY

SWIM

8.00am – 12.30pm
3.15pm – 5.00pm

GYM

8.00am – 1.00pm
2.00pm – 5.00pm

SUNDAY 30th JULY

SWIM

9.00am – 12.30pm
3.15pm – 5.00pm

GYM

9.00am – 1.00pm
2.00pm – 5.00pm

* = altered time

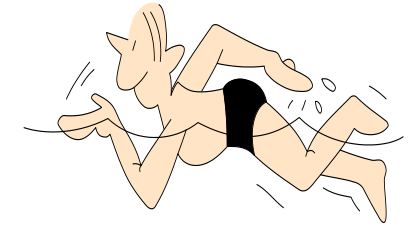
MONDAY 14th AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
4.30pm – 7.30pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



TUESDAY 15th AUGUST

SWIM

6.45am – 9.30am

*No lunchtime swim

4.30pm – 10.00pm

GYM

6.45am – 2.00pm

4.00pm – 10.00pm

WEDNESDAY 16th AUGUST

SWIM

6.45am – 9.30am

*No lunchtime swim

4.30pm – 10.00pm

GYM

6.45am – 2.00pm

4.00pm – 10.00pm

THURSDAY 17th AUGUST

SWIM

6.45am – 9.30am

*No lunchtime swim

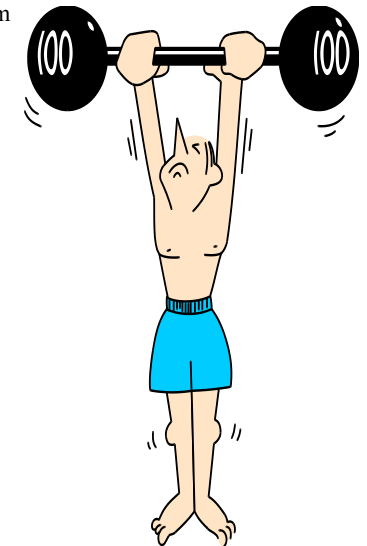
4.30pm – 10.00pm

(Tri Club x2 lanes 7.30 – 8.30pm)

GYM

6.45am – 2.00pm

4.00pm – 10.00pm



FRIDAY 18th AUGUST

SWIM

6.45am – 9.30am

*No lunchtime swim

4.30pm – 10.00pm

GYM

6.45am – 2.00pm

4.00pm – 10.00pm

SATURDAY 19th AUGUST

SWIM

8.00am – 12.30pm

3.15pm – 5.00pm

GYM

8.00am – 1.00pm

2.00pm – 5.00pm

SUNDAY 20th AUGUST

SWIM

9.00am – 12.30pm

3.15pm – 5.00pm

GYM

9.00am – 1.00pm

2.00pm – 5.00pm

* = altered time

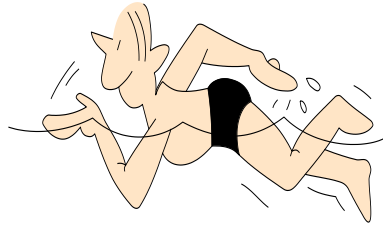
MONDAY 7th AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*5.30pm – 7.30pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



TUESDAY 8th AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*5.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

WEDNESDAY 9th AUGUST

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

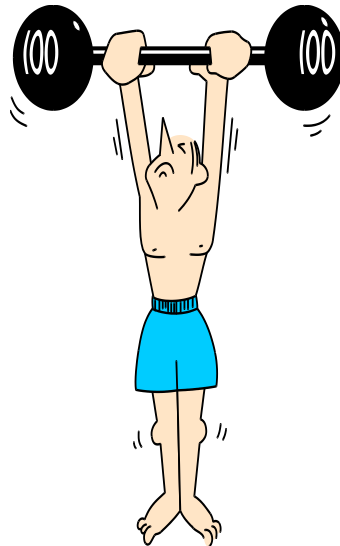
THURSDAY 10th AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*4.30pm – 7.30pm
*9.00pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



FRIDAY 11th AUGUST

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

SATURDAY 12th AUGUST

SWIM

8.00am – 12.30am
3.15pm – 5.00pm

GYM

8.00am – 1.00pm
2.00pm – 5.00pm

SUNDAY 13th AUGUST

SWIM

9.00am – 12.30pm
3.15pm – 5.00pm

GYM

9.00am – 1.00pm
2.00pm – 5.00pm

*= altered time

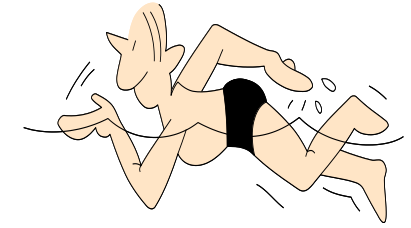
MONDAY 31st JULY

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*5.30pm – 7.30pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm



TUESDAY 1st AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*5.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

WEDNESDAY 2nd AUGUST

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
4.30pm – 7.00pm
8.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

THURSDAY 3rd AUGUST

SWIM

6.45am – 9.30am
12.00pm – 2.00pm
*4.30pm – 7.30pm
*9.00 -10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

FRIDAY 4th AUGUST

SWIM

6.45am – 9.30am
*12.30pm – 2.00pm
4.30pm – 10.00pm

GYM

6.45am – 2.00pm
4.00pm – 10.00pm

SATURDAY 5th AUGUST

SWIM

8.00am – 12.30pm
3.15pm – 5.00pm

GYM

8.00am – 1.00pm
2.00pm – 5.00pm

SUNDAY 6th AUGUST

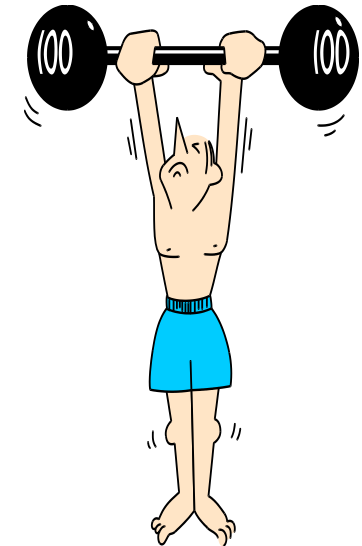
SWIM

9.00am – 12.30pm
3.15pm – 5.00pm

GYM

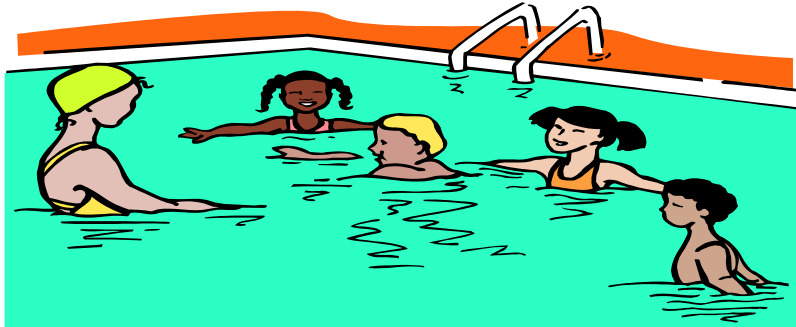
9.00am – 1.00pm
2.00pm – 5.00pm

* = altered time



ADVERTISING FEATURE

GROUP SWIMMING LESSONS FOR CHILDREN



SUMMER HOLIDAY—WEEK 1

*Mon 24th, Tue 25th, Weds 26th, Fri 28th July
(NB THESE DATES WILL TAKE PLACE AT
MONMOUTH SCHOOL for GIRLS NP25 5XT)*

Cost £50.00

9.30 -10.00am & 10.00 —10.30am

SUMMER HOLIDAY—WEEK 2

Mon 14th, Tue15th, Wed 16th, Thur 17th, Fri 18th August

Cost £62.00

9.30 —10.00am & 10.00 —10.30am

Ask at reception for details

ADVERTISING FEATURE



MONMOUTH SCHOOL SPORTS CLUB

**'LIKE' OUR PAGE FOR
REGULAR UPDATES & INFORMATION
ABOUT THE CLUB**



CONTINUE OVER PAGE FOR TIMETABLE