

Tel No: 01600 714381
 Website: www.mssportsclub.com
**MEMBERS OPENING TIMES
 FITNESS SUITE**

LENT TERM

Monday 22nd February—Sunday 28th March 2010

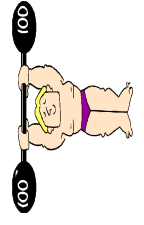
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45-2.00 pm <i>(inc QUIET TIME)</i>	6.45am-2.00pm <i>(inc QUIET TIME)</i>	6.45am – 2.00pm <i>(inc QUIET TIME)</i>	6.45am-2.00pm <i>(inc QUIET TIME)</i>	6.45am-2.00pm <i>(inc QUIET TIME)</i>	8.00am-1.00pm	9.00am-1.00pm
5.30-10.00pm	4.30-10.00pm	4.15-10.00pm	4.30-10.00pm	4.15-10.00pm	2.00pm-5.00pm	2.00-5.00pm

Monday 6.45am – 10.30 am, Tuesday 6.45am – 8.00 am Wednesday 9.30-10.30am
 Thursday 9.30 – 10.30 am and Friday 9.30 - 10.30am
 (GUARANTEED NO MUSIC)

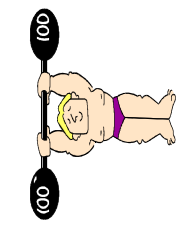
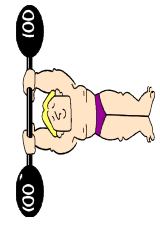
MEMBERS PLEASE NOTE

Sports Club doors open 6.40am (Mon-Fri) 7.55am (Sat) 8.55am (Sun)
 Facilities available 6.45am (Mon-Fri) 8.00am (Sat) 9.00am (Sun)
 Last entry is 30 minutes prior to the end of each session
 F/Suite shared with 6th form students 4.15-5.30pm and 8.00-10pm (Mon-Fri)
 All facilities must be vacated 15 minutes after each session
 Easter Holiday altered hours (29th Mar – 18th Apr 2010)
 Please collect a Holiday Timetable when advertised or visit our website
 * = Adults only

The facilities will be open to members as stated above. Timetables will be published one week in advance of each term. The opening times will increase during School holidays; actual details will be published during each school term.
The School reserves the right to change the times below to meet School commitments/competitions/tournaments. All possible prior notice will be advertised to patrons.



Issued: 15/02/10



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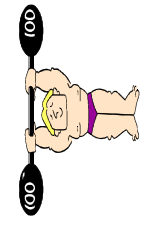
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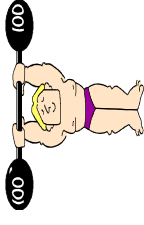
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**MEMBERS' OPENING TIMES
SWIMMING POOL**

LENT TERM

Monday 22nd February—Sunday 28th March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45-9.00am	6.45-9.00am	6.45-9.30am	6.45-9.00am	6.45-9.00am	8.00-12.30pm	9.00-12.30pm
9.30-10.30am						
Pre-Booked Adult Swim Lesson						
12.30-2.00pm <i>Inc Parent & Toddler Swim Group 12.30-1.00pm</i>	12.30-1.30pm	12.30-2.00pm	12.30-1.30pm	12.30-1.30pm	3.15-5.00pm	3.15-5.00pm (shared with Borders)
5.30-7.30pm	5.30-8.30pm	5.30-7.00pm	4.30-7.30pm	5.30-10.00pm (9.00-10.00*)		
8.30-10.00pm		8.30-10.00pm				

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Pre-Booked Adult Swim Lesson						
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