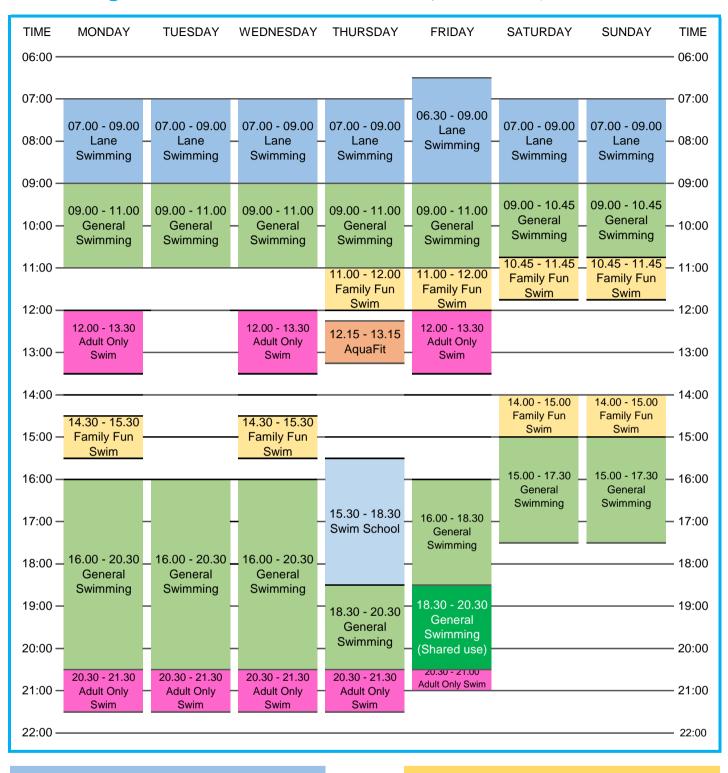
Swimming Pool Timetable

Mon 22nd July - Sun 1st September, Weeks 3 - 8



Lane Swimming: A structured lane based session for confident swimmers able to swim continuously in a lane. Fin, snorkel and paddle friendly.

General Swimming: A swimming session with half of the pool laned for those looking to complete a few lengths and half of the pool open for those looking for a more relaxed swim. Everyone welcome.

General Swimming (Shared Use): A general swimimng session with shared use. 2 lanes of the pool will be used by our Swim Club and staff training.



Family Fun Swim: A sessions for everyone, mats and floats provided or bring along your own fun toys. No lanes are available during these sessions

Adult Only Swim: Sessions for 18's+. A swimming session with half of the pool laned for those looking to complete a few lengths and half of the pool open for those looking for a more relaxed swim.

AquaFit: A fun, low impact water-based class to improve overall fitness. Suitable for all abilities