

Swimming Pool Timetable

Mon 20th July - Sun 30th Aug, **Weeks 3 - 8**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:00								06:00
07:00								07:00
08:00	07.00 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	06.30 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	08:00
09:00								09:00
10:00	09.00 - 12.00 General Swimming	09.00 - 11.00 General Swimming	09.00 - 12.00 General Swimming	09.00 - 11.00 General Swimming	09.00 - 12.00 General Swimming	09.00 - 10.45 General Swimming	09.00 - 10.45 General Swimming	10:00
11:00		11.00 - 12.00 Family Fun Swim		11.00 - 12.00 Family Fun Swim		10.45 - 11.45 Family Fun Swim	10.45 - 11.45 Family Fun Swim	11:00
12:00	12.00 - 13.00 Adult Only Swim	12.00 - 13.00 Adult Only Swim	12.00 - 13.00 Adult Only Swim		12.00 - 13.00 Adult Only Swim			12:00
13:00				12.15 - 13.15 AquaFit				13:00
14:00								14:00
15:00	15.00 - 16.00 Family Fun Swim	15.00 - 16.00 Family Fun Swim	15.00 - 16.00 Family Fun Swim		15.00 - 16.00 Family Fun Swim	14.00 - 15.00 Family Fun Swim	14.00 - 15.00 Family Fun Swim	15:00
16:00						15.00 - 17.30 General Swimming	15.00 - 17.30 General Swimming	16:00
17:00				15.30 - 18.30 Swim School	16.30 - 18.30 General Swimming			17:00
18:00	16.30 - 20.30 General Swimming	16.30 - 20.30 General Swimming	16.30 - 20.30 General Swimming					18:00
19:00				18.30 - 20.30 General Swimming	18.30 - 20.30 General Swimming (Shared use)			19:00
20:00								20:00
21:00	20.30 - 21.30 Adult Only Swim	20.30 - 21.30 Adult Only Swim	20.30 - 21.30 Adult Only Swim	20.30 - 21.30 Adult Only Swim	20.30 - 21.00 Adult Only Swim			21:00
22:00								22:00

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 swimming 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+. 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.