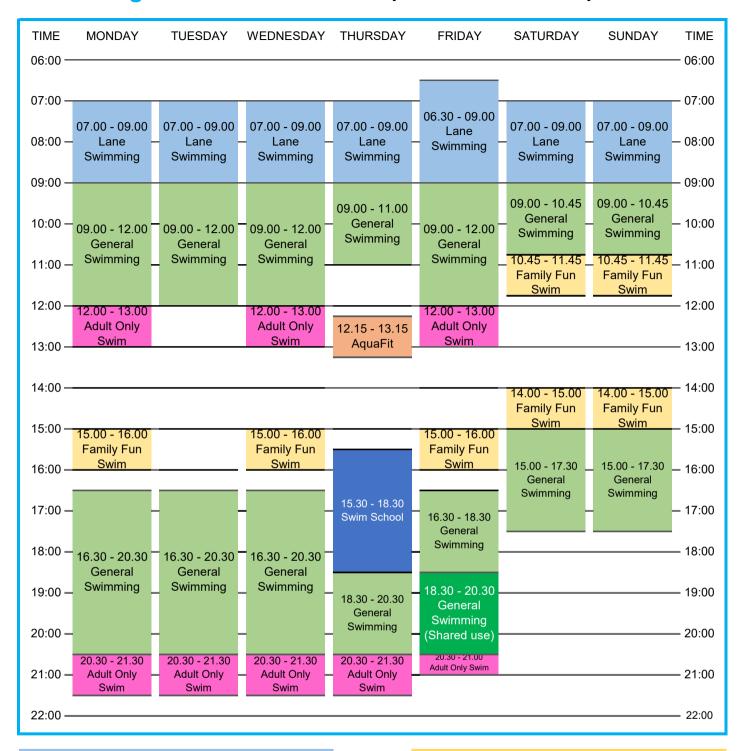
## Swimming Pool Timetable Monday 20th October - Sunday 2nd November



**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