

# Swimming Pool Timetable

Monday 12th January - Sunday 15th February

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 - 08.15 Lane Swim (Shared Use)	07.00 - 09.00 Lane Swimming	07.00 - 08.15 Lane Swim (Shared Use)	06.30 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	08:00
09:00		08.15 - 09.00 Lane Swim		08.15 - 09.00 Lane Swim				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 - 11.00 General Swimming	09.00 - 10.45 General Swimming	09.00 - 10.45 General Swimming	10:00
11:00						10.45 - 11.45 Family Fun Swim	10.45 - 11.45 Family Fun Swim	11:00
12:00								12:00
13:00	13.00 - 14.00 Adult Only Swim	12.30 - 13.30 Adult Only Swim	13.00 - 14.00 Adult Only Swim	12.15 - 13.15 AquaFit	12.30 - 13.30 Adult Only Swim			13:00
14:00						14.00 - 15.00 Family Fun Swim	14.00 - 15.00 Family Fun Swim	14:00
15:00								15:00
16:00					15.00 - 16.30 General Swimming	15.00 - 17.30 General Swimming	15.00 - 17.30 General Swimming	16:00
17:00				15.30 - 18.30 Swim School				17:00
18:00	16.00 - 20.30 General Swimming							18:00
19:00		18.30 - 20.30 General Swimming	18.30 - 20.30 General Swimming	18.30 - 20.30 General Swimming	18.30 - 20.00 General Swimming (Shared use)			19:00
20:00					20.00 - 21.00 Adult Only Swim			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				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.

**Shared Use:** A session with shared use. Tue & Thu AM - 1 lane College use and Friday PM - 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