

# Swimming Pool Timetable

Monday 16th - Sunday 22nd February

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:00								06:00
07:00	07.00 - 09.00 Lane Swimming	06.30 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	07:00			
08:00								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 - 12.00 General Swimming	09.00 - 11.00 General Swimming	09.00 - 10.45 General Swimming	09.00 - 10.45 General Swimming	10:00
11:00		11.00 - 12.00 Family Fun Swim				11.00 - 12.00 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	12.15 - 13.15 AquaFit	12.00 - 13.00 Adult Only Swim			12:00
13:00								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	14.00 - 15.00 Family Fun Swim	14.00 - 15.00 Family Fun Swim	15:00
16:00				15.30 - 18.30 Swim School		15.00 - 17.30 General Swimming	15.00 - 17.30 General Swimming	16:00
17:00					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 - 21.00 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.

**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

**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.

**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.

**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.

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