

Swimming

Term Time

GENERAL PROGRAMME

MONDAY MAIN POOL	6.30am - 8.50am	Lane Swim
	6.30am - 7.30am	Swim Club
	9.00am - 12.00pm	Public Swim
	9.00am - 12.00pm	Schools
	12.10pm - 1.00pm	Lane Swim
	1.00pm - 3.00pm	Schools
	1.00pm - 6.00pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	4.00pm - 8.00pm	Swim Club
	6.00pm - 8.00pm	Lane Swim(2 Lanes)
8.00pm - 10.00pm	Lane Swim	

STUDIO POOL	7.00am - 10.30pm	Public Swim
	10.30am - 11.00am	Adult Training Centre
	11.00am - 11.30am	Aqua Babes
	11.30am - 12.00pm	Public Swim
	12.00pm - 12.30pm	Aqua Pre School
	12.30pm - 1.00pm	Public Swim
	1.00pm - 1.30pm	Aqua Pre School
	1.30pm - 3.00pm	Schools
	3.00pm - 3.30pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
6.00pm - 6.45pm	AquaFit	
7.00pm - 7.45pm	AquaFit	
8.00pm - 9.00pm	Over 50's	

TUESDAY MAIN POOL	6.30am - 8.50am	Lane Swim
	6.30am - 7.30am	Swim Club
	9.00am - 12.00pm	Public Swim
	9.00am - 12.00pm	Schools
	12.10pm - 1.00pm	Lane Swim
	1.00pm - 2.00pm	Schools
	1.00pm - 6.00pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	4.00pm - 8.00pm	Swim Club
	6.00pm - 8.00pm	Lane Swim(2 Lanes)
8.00pm - 10.00pm	Lane Swim	

STUDIO POOL	7.00am - 9.00am	Public Swim
	9.00am - 9.30am	Over 50's
	9.30am - 11.30am	Public Swim
	11.30am - 12.00pm	Ladies Only
	12.00pm - 12.30pm	Aqua Pre School
	12.30pm - 1.00pm	Public Swim
	1.00pm - 2.00pm	Schools
	2.00pm - 3.30pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	6.00pm - 7.00pm	Adult Lessons
7.00pm - 9.00pm	Public Swim	

WEDNESDAY MAIN POOL	6.30am - 8.50am	Lane Swim
	9.00am - 12.00pm	Public Swim
	9.00am - 12.00pm	Schools
	12.10pm - 1.00pm	Lane Swim
	1.00pm - 2.00pm	Schools
	1.00pm - 6.00pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	5.00pm - 6.00pm	Swim Club
	6.00pm - 7.00pm	Lane Swim
	7.00pm - 8.00pm	Lane Swim(2 Lanes)
7.00pm - 8.00pm	Triathlon Club	
8.00pm - 9.00pm	Lane Swim	
9.00pm - 10.00pm	Sub Aqua Club	

STUDIO POOL	7.00am - 10.30am	Public Swim
	10.30am - 11.00am	Adult Lessons
	11.00am - 12.30pm	Public Swim
	12.30pm - 1.00pm	Aqua Pre School
	1.00pm - 1.30pm	Aqua Tots
	1.30pm - 2.00pm	Schools
	2.00pm - 3.00pm	HL AquaFit
	3.00pm - 3.30pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	6.00pm - 6.45pm	AquaFit
7.00pm - 7.45pm	AquaFit	
8.00pm - 9.00pm	Ladies Only	

GENERAL PROGRAMME

THURSDAY MAIN POOL	6.30am - 8.50am	Lane Swim
	9.00am - 12.00pm	Public Swim
	9.00am - 12.00pm	Schools
	12.10pm - 1.00pm	Lane Swim
	12.40pm - 3.30pm	Schools
	1.00pm - 6.00pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	4.00pm - 9.00pm	Swim Club
	8.00pm - 9.00pm	Lane Swim(2 Lanes)
	9.00pm - 10.00pm	Lane Swim

STUDIO POOL	7.00am - 9.00am	Public Swim
	9.00am - 9.30am	Over 50's
	9.30am - 10.00am	Public Swim
	10.00am - 10.30am	Adult Lessons
	10.30am - 12.30pm	Public Swim
	12.30pm - 1.00pm	Aqua Pre School
	1.00pm - 2.00pm	Schools
	2.00pm - 3.30pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	6.00pm - 9.00pm	Public Swim

FRIDAY MAIN POOL	6.30am - 8.50am	Lane Swim
	6.30am - 7.30am	Swim Club
	9.00am - 12.00pm	Public Swim
	9.00am - 12.00pm	Schools
	10.30am - 11.00am	Parent & child drop in
	12.10pm - 1.00pm	Lane Swim
	12.40pm - 3.15pm	Schools
	1.00pm - 6.00pm	Public Swim
	3.30pm - 7.30pm	Junior Lessons
	7.30pm - 8.30pm	Lane Swim (1 Lane)
7.30pm - 8.30pm	Triathlon Club	
8.30pm - 10.00pm	Canoe Club	

STUDIO POOL	7.00am - 10.30am	Public Swim
	10.30am - 11.00am	Adult Training Centre
	11.00am - 11.30am	Adult Lessons
	11.30am - 12.00pm	Ladies Only
	12.00pm - 1.00pm	Public Swim
	1.00pm - 2.00pm	Schools
	2.00pm - 3.00pm	HL AquaFit
	3.00pm - 3.30pm	Public Swim
	3.30pm - 6.00pm	Junior Lessons
	6.00pm - 9.00pm	Public Swim

SATURDAY MAIN POOL	8.00am - 9.00am	Lane Swim
	8.00am - 9.00am	Triathlon Club
	9.00am - 12.00pm	Junior Lessons
	9.00am - 2.00pm	Public Swim
	2.00pm - 3.00pm	Inflatable session
	3.00pm - 4.00pm	Public Swim

STUDIO POOL	8.00am - 9.00am	Public Swim
	9.00am - 12.00pm	Junior Lessons
	12.00pm - 4.00pm	Public Swim

SUNDAY MAIN POOL	8.00am - 9.00am	Lane Swim
	9.00am - 2.00pm	Family Fun Time
	9.00am - 2.00pm	Lane Swim (2 lanes)
	2.00pm - 4.30pm	Party Time
	5.00pm - 7.00pm	Lane Swim
	7.00pm - 8.30pm	Triathlon Club
	8.30pm - 10.00pm	Lane Swim

STUDIO POOL	8.00am - 9.00am	Public Swim
	9.00am - 1.00pm	Family Fun Time
	1.00pm - 2.00pm	Party Time
	2.00pm - 4.30pm	Public Swim
	4.30pm - 5.15pm	AquaFit
	5.15pm - 6.00pm	AquaFit
	6.00pm - 7.00pm	Public Swim
	7.00pm - 8.30pm	Triathlon Club