

## GENERAL PROGRAMME

<b>MONDAY</b> MAIN POOL	7.00am - 8.45am	Lane Swim	
	8.45am - 11.45am	General Swim	
	11.45am - 1.30pm	Adults Only	
	1.30pm - 2.30pm	Schools	
	2.30pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim Lessons	
	6.00pm - 7.00pm	General Swim	
	7.00pm - 8.00pm	Ladies Only	
	8.00pm - 9.00pm	Sub Aqua	
	9.00pm - 10.00pm	Adults Only	
<b>TEACHING</b> POOL	7.00am - 1.30pm	General Swim	
	1.30pm - 2.30pm	Schools	
	2.30pm - 4.00pm	General Swim	
	4.00pm - 7.00pm	Swim Lessons	
	7.00pm - 8.00pm	General Swim	
	8.00pm - 9.00pm	Sub Aqua	
	9.00pm - 10.00pm	Adults Only	
<b>TUESDAY</b> MAIN POOL	7.30am - 8.45am	Lane Swim	
	8.45am - 10.45am	General Swim	
	10.45am - 11.45am	Schools	
	11.45am - 1.30pm	Lane Swim/Adults	
	1.30pm - 3.00pm	Schools	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim Lessons	
	6.00pm - 7.00pm	General Swim	
	7.00pm - 8.00pm	Lane Swim/Adults	
	8.00pm - 10.00pm	Canoe Club	
<b>TEACHING</b> POOL	7.30am - 10.45am	General Swim	
	10.45am - 11.45am	Schools	
	11.45pm - 1.30pm	General Swim	
	1.30pm - 3.00pm	Schools	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 7.00pm	Lessons	
	7.00pm - 8.00pm	General Swim	
	8.00pm - 10.00pm	Canoe Club	
<b>WEDNESDAY</b> MAIN POOL	7.00am - 8.45am	Lane Swim	
	8.45am - 10.00am	General Swim	
	10.00am - 11.00am	Aqua Natal	
	11.00am - 11.45am	Hospital Group	
	11.45am - 1.30pm	Adults Only	
	1.30pm - 3.00pm	Schools	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim Lessons	
	6.00pm - 6.45pm	Aqua Fit	
	6.45pm - 9.30pm	Copeland ASC	
<b>TEACHING</b> POOL	7.00am - 10.00am	General Swim	
	10.00am - 11.30am	Aqua Natal	
	11.30am - 1.30pm	General Swim	
	1.30pm - 3.00pm	Schools	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim Lessons	
	6.00pm - 6.45pm	General Swim	
	6.45pm - 9.30pm	Copeland ASC	
	<b>THURSDAY</b> MAIN POOL	7.30am - 8.45am	Lane Swim
		8.45am - 10.45am	General Swim
10.45am - 11.45am		Mirehouse Achievers/U3A	
11.45am - 2.00pm		Lane Swim/Adults	
2.00pm - 3.00pm		Copeland Over 55's	
3.00pm - 4.00pm		General Swim	
4.00pm - 6.00pm		Swim Lessons	

## GENERAL PROGRAMME

<b>TEACHING</b> POOL	6.00pm - 8.00pm	General Swim	
	8.00pm - 9.00pm	Copeland ASC	
	9.00pm - 10.00pm	Ladies Only	
	7.30am - 9.30am	General Swim	
	9.30am - 10.30am	Parent & Toddler Lessons	
	10.45am - 11.45am	Mirehouse Achievers/U3A	
	11.45am - 2.00pm	General Swim	
	2.00pm - 3.00pm	Copeland Over 55's	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim Lessons	
<b>FRIDAY</b> MAIN POOL	7.00am - 8.45am	Lane Swim	
	8.45am - 11.45am	General Swim	
	11.00am - 11.45am	Aquafit	
	11.45am - 1.15pm	Adults Only	
	1.15pm - 2.45pm	Schools	
	2.45pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim Lessons	
	6.00pm - 7.00pm	General Swim	
	7.00pm - 8.00pm	Adults Only	
	8.00pm - 9.00pm	SASRA Club	
<b>TEACHING</b> POOL	7.00am - 9.30am	General Swim	
	9.30am - 10.00am	Schools	
	10.00am - 1.15pm	General Swim	
	1.15pm - 2.45pm	Schools	
	2.45pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim Lessons	
	6.00pm - 8.00pm	General Swim	
	8.00pm - 9.00pm	SASRA Club	
	<b>SATURDAY</b> MAIN POOL	9.00am - 10.00am	NEW Lane Swim
		10.00am - 11.45am	General Swim
12.00pm - 1.00pm		Inflatable fun	
1.15pm - 3.15pm		General Swim	
3.15pm - 5.15pm		Copeland ASC	
5.30pm - 6.30pm		Private Party Hire	
9.00am - 12.00pm		Swim Lessons	
12.00pm - 1.00pm		Fun Session	
1.15pm - 3.15pm		General Swim	
3.15pm - 5.15pm		Copeland ASC	
<b>TEACHING</b> POOL	9.00am - 12.00pm	Swim Lessons	
	12.00pm - 1.00pm	Fun Session	
	1.15pm - 3.15pm	General Swim	
	3.15pm - 5.15pm	Copeland ASC	
	5.30pm - 6.30pm	Private Party Hire	
	9.00am - 11.00am	General Swim	
	11.00am - 12.30pm	NEW Fun session	
	12.30pm - 1.45pm	General Swim	
	2.00pm - 3.00pm	Inflatable Fun	
	3.15pm - 5.15pm	Copeland ASC	
<b>SUNDAY</b> MAIN POOL	9.00am - 11.00am	General Swim	
	11.00am - 12.30pm	NEW Fun session	
	12.30pm - 1.45pm	General Swim	
	2.00pm - 3.00pm	Inflatable Fun	
	3.15pm - 5.15pm	Copeland ASC	
	5.30pm - 6.30pm	Private Party Hire	
	6.45pm - 7.30pm	Aquafit	
	9.00am - 11.00am	General Swim	
	11.00am - 12.30pm	NEW Fun Session	
	12.30pm - 1.45pm	General Swim	
<b>TEACHING</b> POOL	9.00am - 11.00am	General Swim	
	11.00am - 12.30pm	NEW Fun Session	
	12.30pm - 1.45pm	General Swim	
	2.00pm - 3.00pm	Inflatable Fun	
	3.15pm - 5.15pm	Copeland ASC	
	5.30pm - 6.30pm	Private Party Hire	
	6.45pm - 7.30pm	Aquafit	

## HALF TERM PROGRAMME

**From 7pm onwards please follow main timetable**

<b>MONDAY</b> <b>WEDNESDAY</b> <b>FRIDAY</b> MAIN POOL	7.00am - 8.45am	Lane Swim
	8.45am - 11.45am	General Swim
	11.45am - 1.00pm	Adults Only
	1.15pm - 2.15pm	Fun Session
	2.30pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim Lessons
	6.00pm - 6.45pm	Aquafit (Wed)
	6.00pm - 7.00pm	General Swim (Mon & Fri)
	7.00am - 9.00am	General Swim
	9.00am - 12.00pm	Swim School
<b>TEACHING</b> POOL	12.00pm - 1.00pm	Parent & Toddler Swim
	1.15pm - 2.15pm	Fun Session
	2.30pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim Lessons (Wed & Fri)
	6.00pm - 6.45pm	General Swim (Wed)
	4.00pm - 7.00pm	Swim Lessons (Mon)
	7.30am - 8.45am	Lane Swim
	8.45am - 11.45am	General Swim
	11.45am - 1.00pm	Adults Only/Lane
	1.15pm - 2.15pm	Inflatable Fun
<b>TUESDAY</b> <b>THURSDAY</b> MAIN POOL	2.30pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim Lessons
	6.00pm - 7.00pm	General Swim (Tues)
	6.00pm - 8.00pm	General Swim (Thu)
	7.30am - 9.00am	General Swim
	9.00am - 12.00pm	Swim School
	12.00pm - 1.00pm	Parent & Toddler Swim
	1.15pm - 2.15pm	Fun Session
	2.30pm - 4.00pm	General Swim
	4.00pm - 7.00pm	Swim Lessons (Tue)
<b>TEACHING</b> POOL	6.00pm - 8.00pm	General Swim (Thu)
	7.00pm - 8.00pm	General Swim (Tue)
	9.00am - 11.15am	General Swim
	11.30am - 1.00pm	Inflatable Fun
	1.15pm - 3.15pm	General Swim
	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire
	9.00am - 11.15am	Swim Lessons
	11.30am - 1.00pm	Fun Session
	1.15pm - 3.15pm	General Swim
<b>SATURDAY</b> MAIN POOL	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire
	9.00am - 11.15am	General Swim
	11.30am - 1.00pm	Inflatable Fun
	1.15pm - 3.15pm	General Swim
	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire
	9.00am - 11.15am	Swim Lessons
	11.30am - 1.00pm	Fun Session
	1.15pm - 3.15pm	General Swim
<b>TEACHING</b> POOL	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire
	9.00am - 11.15am	General Swim
	11.30am - 1.00pm	Fun Session
	1.15pm - 3.15pm	General Swim
	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire
	9.00am - 11.15am	Swim Lessons
	11.30am - 1.00pm	Fun Session
	1.15pm - 3.15pm	General Swim
<b>SUNDAY</b> MAIN POOL	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire
	9.00am - 11.15am	Swim Lessons
	11.30am - 1.00pm	Fun Session
	1.15pm - 3.15pm	General Swim
	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire
	9.00am - 11.15am	General Swim
	11.30am - 1.00pm	Fun Session
	1.15pm - 3.15pm	General Swim
<b>TEACHING</b> POOL	3.30pm - 5.30pm	Copeland ASC
	5.30pm - 6.30pm	Private Party Hire