

Swimming

GENERAL PROGRAMME

MONDAY MAIN POOL	7.00am - 8.30am	Alnwick Dolphins & Early Birds
	8.30am - 9.30am	50+ & General Swim
	9.30am - 12.00pm	Schools & General Swim
	12.00pm - 1.00pm	Adult Lane Swim & General Swim
	1.00pm - 3.00pm	Schools Only
	3.00pm - 4.00pm	50+ & General Swim
	4.00pm - 6.00pm	Swim School & General Swim
	6.00pm - 7.00pm	Alnwick Dolphins & General Swim
	7.00pm - 8.00pm	W.I. & General Swim
	8.00pm - 9.00pm	Tri Club & Adult Lane Swim
9.00pm - 10.00pm	Twilight Swim	
TEACHING POOL	9.00am - 12.00pm	School Swimming lessons
	12.00pm - 1.00pm	General Swim
	1.00pm - 2.00pm	School Swimming lessons
	2.00pm - 3.00pm	Water Confidence - Under 5's
	3.00pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim
TUESDAY MAIN POOL	7.00am - 8.30am	Alnwick Dolphins & Early Birds
	8.30am - 9.30am	CLOSED
	9.30am - 11.00am	Schools & General Swim
	11.00am - 12.00pm	Ladies Only (over 16's)
	12.00pm - 1.30pm	Adult Lane Swim & General Swim
	1.30pm - 2.30pm	Schools Only
	2.30pm - 4.00pm	50+ & General Swim
	4.00pm - 6.00pm	Swim School & General Swim
	6.00pm - 7.00pm	Aqua Natal
	7.00pm - 8.00pm	ATC & General Swim
8.00pm - 9.00pm	Aquarobics	
9.00pm - 10.00pm	Twilight Swim	
TEACHING POOL	9.00am - 12.00pm	School Swimming Lessons
	12.00pm - 1.00pm	General Swim
	1.00pm - 3.00pm	School Swimming Lessons
	3.00pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim
WEDNESDAY MAIN POOL	7.00am - 9.00am	Alnwick Dolphins & Early Birds
	9.00am - 10.00am	Schools & General Swim
	10.00am - 11.30am	Schools Only
	11.30am - 12.00pm	Schools & General Swim
	12.00pm - 1.00pm	Adult Lane Swim & General Swim
	1.00pm - 2.00pm	Schools Only
	2.00pm - 2.30pm	Schools & General Swim
	2.30pm - 4.00pm	50+ & General Swim
	4.00pm - 5.00pm	Swim School & General Swim
	5.00pm - 6.00pm	Swim School/Alnwick Dolphins
6.00pm - 7.00pm	Swimming Club & General Swim	
7.00pm - 8.00pm	RAF & General Swim	
8.00pm - 9.00pm	Adult Lane Swim/Tri Club	
9.00pm - 10.00pm	Twilight Swim	
TEACHING POOL	9.00am - 11.30am	School Swimming Lessons
	11.30am - 1.00pm	General Swim
	1.00pm - 2.30pm	School Swimming Lessons
	2.30pm - 3.30pm	Water Confidence - Under 5's
	3.30pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim

GENERAL PROGRAMME

THURSDAY MAIN POOL	7.00am - 8.30am	Alnwick Dolphins & Early Birds	
	8.30am - 9.30am	General Swim	
	9.30am - 10.30am	Schools & General Swim	
	10.30am - 11.00am	Schools Only	
	11.00am - 1.00pm	Lane Swim & General Swim	
	1.00pm - 3.00pm	Schools Only	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 5.00pm	Swim School & General Swim	
	5.00pm - 7.00pm	Alnwick Dolphins & General Swim	
	7.00pm - 9.00pm	Ladies Only	
9.00pm - 10.00pm	Twilight Swim		
TEACHING POOL	9.00am - 9.45am	Water Confidence - Under 5's	
	9.45am - 12.00pm	School Swimming Lessons	
	12.00pm - 1.00pm	General Swim	
	1.00pm - 3.00pm	School Swimming Lessons	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim School	
	6.00pm - 8.00pm	General Swim	
FRIDAY MAIN POOL	7.00am - 9.00am	Tri Club & Early Birds	
	9.00am - 10.00am	Schools & 50+	
	10.00am - 11.00am	Schools Only	
	11.00am - 12.00pm	Schools & 50+	
	12.00pm - 1.00pm	Adult Lane Swim & General Swim	
	1.00pm - 3.00pm	Schools & General Swim	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim School & General Swim	
	6.00pm - 8.00pm	Alnwick Dolphins & General Swim	
	8.00pm - 9.00pm	Lane Swim & General Swim	
9.00pm - 10.00pm	Twilight Swim		
TEACHING POOL	9.00am - 12.00pm	School Swimming Lessons	
	12.00pm - 1.00pm	General Swim	
	1.00pm - 2.30pm	School Swimming Lessons	
	2.30pm - 3.30pm	Water Confidence - Under 5's	
	3.30pm - 6.00pm	Swim School	
	6.00pm - 8.00pm	General Swim	
SATURDAY MAIN POOL	8.00am - 10.00am	Alnwick Dolphins & Lane Swim	
	10.00am - 11.00am	Swim School & General Swim	
	11.00am - 12.00pm	General Swim	
	2.00pm - 3.00pm	Inflatable Session (no lanes)	
	3.00pm - 5.00pm	General Swim	
	5.00pm - 7.00pm	Alnwick Dolphins & General Swim	
	7.00pm - 8.00pm	Adult Lane Swim	
TEACHING POOL	9.00am - 10.00am	Swim School	
	10.00am - 5.00pm	General Swim	
	5.00pm - 7.00pm	Party Bookings	
SUNDAY MAIN POOL	8.00am - 10.00am	Alnwick Dolphins & Lane Swim	
	10.00am - 2.00pm	General Swim	
	2.00pm - 3.00pm	Inflatable Session (no lanes)	
	3.00pm - 4.30pm	General Swim	
	4.30pm - 7.00pm	Swim Club & General Swim	
	7.00pm - 8.00pm	Alnwick Dolphins & General Swim	
	10.00am - 5.00pm	General Swim	
	5.00pm - 7.00pm	Party Bookings	

HALF TERM PROGRAMME

MONDAY MAIN POOL	7.00am - 8.00am	Early Birds
	8.00am - 9.30am	Alnwick Dolphins & Lane Swim
	9.30am - 12.00pm	General Swim
	12.00pm - 2.00pm	General Swim & Adult Lane Swim
	2.00pm - 3.00pm	Inflatable (no lanes)
	3.00pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School & General Swim
	6.00pm - 7.00pm	Alnwick Dolphins & General Swim
	7.00pm - 8.00pm	W.I. & General Swim
	8.00pm - 9.00pm	Tri Club & General Swim
	9.00pm - 10.00pm	Twilight Swim

TEACHING POOL	10.00am - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim

TUESDAY MAIN POOL	7.00am - 8.00am	Early Birds
	8.00am - 9.30am	Alnwick Dolphins & Lane Swim
	9.30am - 12.00pm	General Swim
	12.00pm - 2.00pm	General Swim & Adult Lane Swim
	2.00pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School & General Swim
	6.00pm - 7.00pm	Aqua Natal
	7.00pm - 8.00pm	Mencap & General Swim
	8.00pm - 9.00pm	Aquarobics
	9.00pm - 10.00pm	Twilight Swim

TEACHING POOL	10.00am - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim

WEDNESDAY MAIN POOL	7.00am - 8.00am	Early Birds
	8.00am - 10.00am	Alnwick Dolphins & Lane Swim
	9.30am - 12.00pm	General Swim
	12.00pm - 2.00pm	General Swim & Adult Lane Swim
	2.00pm - 3.00pm	Inflatable Session (no lanes)
	3.00pm - 4.00pm	General Swim
	4.00pm - 5.00pm	Swim School & General Swim
	5.00pm - 6.00pm	Alnwick Dolphins & Swim School
	6.00pm - 7.00pm	Swim Club & General Swim
	7.00pm - 8.00pm	RAF & General Swim
	8.00pm - 9.00pm	Adult Lane Swim
	9.00pm - 10.00pm	Twilight Swim

TEACHING POOL	10.00am - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim

THURSDAY MAIN POOL	7.00am - 8.00am	Early Birds
	8.00am - 9.30am	Alnwick Dolphins & Lane Swim
	9.30am - 12.00pm	General Swim
	12.00pm - 2.00pm	General Swim & Adult Lane Swim
	2.00pm - 4.00pm	General Swim
	4.00pm - 5.00pm	Swim School & General Swim
	5.00pm - 7.00pm	Alnwick Dolphins & General Swim
	7.00pm - 9.00pm	Ladies Only
	9.00pm - 10.00pm	Twilight Swim

HALF TERM CONTINUED

TEACHING POOL	10.00am - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim

FRIDAY MAIN POOL	7.00am - 8.00am	Tri Club & Early Birds
	9.30am - 12.00pm	General Swim
	12.00pm - 2.00pm	General Swim & Adult Lane Swim
	2.00pm - 3.00pm	Inflatable (no lanes)
	3.00pm - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School & General Swim
	6.00pm - 8.00pm	Alnwick Dolphins & General Swim
	8.00pm - 9.00pm	Lane Swim & General Swim
	9.00pm - 10.00pm	Twilight Swim

TEACHING POOL	10.00am - 4.00pm	General Swim
	4.00pm - 6.00pm	Swim School
	6.00pm - 8.00pm	General Swim

SATURDAY MAIN POOL	8.00am - 10.00am	Alnwick Dolphins & General Swim
	10.00am - 11.00am	Swim School & General Swim
	11.00am - 5.00pm	General Swim
	5.00pm - 7.00pm	Alnwick Dolphins & General Swim
	7.00pm - 8.00pm	General Swim

TEACHING POOL	9.00am - 10.00am	Swim School
	10.00am - 5.00pm	General Swim
	5.00pm - 7.00pm	Party Bookings

SUNDAY MAIN POOL	8.00am - 10.00am	Alnwick Dolphins & Early Birds
	10.00am - 5.00pm	General Swim
	5.00pm - 7.00pm	Swim Club & General Swim
	7.00pm - 8.00pm	Alnwick Dolphins & General Swim

TEACHING POOL	10.00am - 5.00pm	General Swim
	5.00pm - 7.00pm	Party Bookings

Two lanes available for lane swimming whenever possible.