

Swimming Pool Timetable

5 Nov – 21 Dec 2018

Monday

0700-0800	Lane Swimming
0800-0900	Aqua Fit
1130-1230	Public Swimming
1550-1815	Swimming Lessons
1830-1900	Adult Beginners
1900-2000	Public Swimming
2000-2100	Lane Swimming

Tuesday

1200-1300	Public Swimming
1550-1730	Swimming Lessons
1730-1930	Swimming Club
1930-2030	Masters/Adult Improvers
2030-2115	Lane Swimming

Wednesday

0700-0800	Lane Swimming
0800-0900	Aqua Fit
0945-1030	Aqua therapy
1550-1730	Swimming Lessons
1730-1830	Swimming Club
1845-1945	Public Swimming
1945-2100	Lane Swimming

** Shallow end only



Thursday

1100-1200	Public Swimming
1550-1745	Swimming Lessons
1715-1815	Rookie Lifesaving Club
1815-1900	Public Swimming
1900-2000	Aqua Fit
2000-2100	Masters/Adult Improvers

Friday

0700-0800	Lane Swimming
0800-0900	Public/Lane Swimming
1550-1815	Swimming Lessons
1815-1915	Public Fun time
1930-2030	Lane Swimming

Saturday

0830-0930	Aqua Fit
0940-1155	Swimming Lessons
1155-1255	Family Swim**
1300-1355	Public Swimming

Sunday

0930-1030	Lane swimming
1030-1130	Family Swim**
1130-1230	Public swimming

Free Swimming to children every Saturday
1155-1355 and a reduced rate for adults
accompanying a child 1155-1255

Version 1