

# Swimming Pool Timetable

Jan 6<sup>th</sup> – Feb 16<sup>th</sup> 2020

## 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

## Wednesday

0700-0800	Lane Swimming
0800-0900	Aqua Fit
0945-1030	Aqua Therapy
1550-1730	Swimming Lessons
1730-1830	Swimming Club
1830-1930	Public Swimming

**\*\* Shallow end only**



## Thursday

1200-1300	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
1200-1300	Family Swim**
1300-1400	Public Swimming

## Sunday

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

**Free Swimming to children every Saturday  
1200-1400 and a reduced rate for adults  
accompanying a child 1200-1400**