Pool Timetable

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| **Monday** | |  | **Tuesday** | |
| Time | Activity |  | time | activity |
|  |  |  |  |  |
| 9.45am-10.30am | Aqua (1-3 Lanes) |  | 11.30am-12.15pm | Aqua (1-3 Lanes) |
|  |  |  |  |  |
| 4pm-6.30pm | Children’s Swimming Lessons (1 Lane) |  | 4pm-6.30pm | Children’s Swimming Lessons (1 Lane) |
|  |  |  | 7pm – 7.30pm | Adult Group Lessons Beg/Improvers- Paul |
| 8pm-9pm | Swim Fit (1-2 Lanes) – Nikki |  |  |  |
|  |  |  | 7.30 - 8pm | Swim Fitness Training – Paul |
| **Wednesday** | |  | **Thursday** | |
| time | activity |  | time | activity |
|  |  |  |  |  |
| 6.45am-7.30am | Master Class Swim Training - Steph |  | 10am-10.30am | Swim Fit (1-2 Lanes) - Paula |
|  |  |  | 12.30-1pm | Swim Fitness Training – Paul |
| 10.45am-11.30am | Aqua (1-3 Lanes) |  |  |  |
|  |  |  | 4pm-6.30pm | |  | | --- | | Children’s Swimming Lessons (1 Lane) | |
| 4pm-6.30pm | |  | | --- | | Children’s Swimming Lessons (1 Lane) | |  | 6.30pm-7.30pm | Adult Group Lessons Beg/Improver |
|  |  |  | 7.45pm-8.30pm | Swim Fitness Training (1-3 Lanes) -Paul |
| **Friday** | |  | **Saturday** | |
| time | activity |  | time | activity |
|  |  |  |  |  |
| 9.45am-11.30am | Aqua (1-3 Lanes) |  | 8.30am-12.30pm | Children’s Swimming Lessons (2 Lanes) |
|  |  |  |  |  |
| 10am-11.30am | Parent and Baby, Preschool Lessons |  | 8.30am-11am | |  | | --- | | Parent and Baby Lessons | | (small pool only) | |
|  |  |  |  | (small pool) |
| 3.30pm-7pm | Children’s Swimming Lessons (1 Lane) |  |  |  |
|  |  |  |  |  |

|  |  |
| --- | --- |
| **Sunday** | |
| time | activity |
|  |  |
| 9am-11am | Children’s Swimming Lessons (1 Lane) |
|  |  |
| 12.30-1pm | Children’s Swimming Lessons (1 Lane) |
|  |  |
|  |  |
|  |  |

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| **Pool Opening Times**  Monday-Friday: 6.30am-10.15pm  Saturday & Sunday 7.30am-9.15pm  **Family Swim – (Main Pool)**  Term Time: Monday-Friday 4pm-7pm  Saturday-Sunday 9am-6pm  Holidays: Monday-Sunday 9am-6pm  \* The timetable does not include Child or Adult private swimming lessons- these can take place at any time during the day\* |