

Nuffield Health Swim Timetable May 2023

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
Time	Family Lane	Medium Lane	Fast Lane	Family Lane	Medium Lane	Fast Lane	Family Lane	Medium Lane	Fast Lane	Family Lane	Medium Lane	Fast Lane	Family Lane	Medium Lane	Fast Lane	Family Lane	Medium Lane	Fast Lane	Family Lane	Medium Lane	Fast Lane	Time
0600-0630					Adult Only	Adult Only		Adult Only	Adult Only													0600-0630
6.30-7.00					Swim Fit	Swim Fit		Swim Fit	Swim Fit										Closed	Closed	Closed	6.30-7.00
7.00-7.30	Adult Only	Adult Only	Adult Only	Adult Only			Adult Only			Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only							7.00-7.30
7.30-8.00																						7.30-8.00
8.00-8.30					Adult Only	Adult Only		Adult Only	Adult Only										Adult Only	Adult Only	Adult Only	8.00-8.30
8.30-9.00																			Adult Only	Adult Only	Adult Only	8.30-9.00
9.00-9.30	Swim Sch 0900-1130	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Swim Sch	Medium Lane	Swim Sch	Swim Sch	Medium Lane	Swim Sch	9.00-9.30
9.30-10.00																						9.30-10.00
10.00-10.30							Swim Sch 0930-1130	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Swim Sch 0930-1130	Medium Lane	Fast Lane	Swim Sch	Medium Lane	Swim Sch	Swim Sch	Medium Lane	Swim Sch	10.00-10.30
10.30-11.00										Aqua 1030-1115	Medium Lane	Fast Lane										10.30-11.00
11.00-11.30																						11.00-11.30
11.30-12.00	Aqua 1145-1230			Aqua 1145-1230			Family Swim			Family Swim			Family Swim									11.30-12.00
12.00-12.30																						12.00-12.30
12.30-13.00	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Fun Splash 1200-1300	Medium Lane	Swim Sch	Fun Splash 1200-1300	Medium Lane	Fast Lane	12.30-13.00
13.00-13.30																						13.00-13.30
13.30-14.00																						13.30-14.00
14.00-14.30	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Swim Sch	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	14.00-14.30
14.30-15.00																						14.30-15.00
15.00-15.30																						15.00-15.30
15.30-16.00																						15.30-16.00
16.00-16.30	Swim Sch	Medium Lane	Swim Sch	Swim Sch	Medium Lane	Swim Sch	Swim Sch	Medium Lane	Swim Sch	Swim Sch	Medium Lane	Swim Sch	Swim Sch	Medium Lane	Swim Sch	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	16.00-16.30
16.30-17.00																						16.30-17.00
17.00-17.30																						17.00-17.30
17.30-18.00																						17.30-18.00
18.00-18.30																						18.00-18.30
18.30-19.00	Family Swim	Medium Lane	Swim Sch	Family Swim	Medium Lane	Swim Sch	Family Swim	Medium Lane	Swim Sch	Family Swim	Medium Lane	Swim Sch	Family Swim	Medium Lane	Swim Sch							18.30-19.00
19.00-19.30			Fast Lane	Family Swim			Family Swim		Fast Lane	Family Swim		Fast Lane	Family Swim		Fast Lane	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	19.00-19.30
19.30-20.00																						19.30-20.00
20.00-20.30													Adult Only	Adult Only	Adult Only							20.00-20.30
20.30-21.00	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only				Closed	Closed	Closed	Closed	Closed	Closed	20.30-21.00
21.30-21.45																Closed	Closed	Closed				21.30-21.45