Nuffield Health Swim Timetable August 2024

	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	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	**0600-0630**
6.30-7.00					SwimFit	SwimFit																**6.30-7.00**
7.00-7.30																						**7.00-7.30**
7.30-8.00					Adult Only	Adult Only																**7.30-8.00**
8.00-8.30																Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	**8.00-8.30**
8.30-9.00																						**8.30-9.00**
9.00-9.30	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	Swim Sch	Swim Sch	Medium Lane	Swim Sch	**9.00-9.30**
9.30-10.00							Swim Sch 0930-1130						Swim Sch 0930-1130									**9.30-10.00**
10.00-10.30																						**10.00-10.30**
10.30-11.00										Aqua 1030-1115												**10.30-11.00**
11.00-11.30																						**11.00-11.30**
11.30-12.00	Aqua 1145 - 1230						Aqua 1145 - 1230			Family Swim			Aqua 1145 - 1230									**11.30-12.00**
12.00-12.30		Adult Only	Adult Only	Adult Only	Adult Only	Adult Only										Fun Splash 1200-1300			Fun Splash 1200-1300		Fast Lane	**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		Medium Lane			Medium Lane		**12.30-13.00**
13.00-13.30																Swim Sch		Fast Lane	Family Swim			**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							**14.00-14.30**
14.30-15.00																						**14.30-15.00**
15.00-15.30																						**15.00-15.30**
15.30-16.00	Swim Sch		Swim Sch	Swim Sch		Swim Sch	Swim Sch		Swim Sch	SwimSch		SwimSch	SwimSch		Swim sch							**15.30-16.00**
16.00-16.30																						**16.00-16.30**
16.30-17.00																						**16.30-17.00**
17.00-17.30																Family Swim						**17.00-17.30**
17.30-18.00																						**17.30-18.00**
18.00-18.30																Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	**18.00-18.30**
18.30-19.00																						**18.30-19.00**
19.00-19.30	Family Swim			Family Swim			Family swim		Fast Lane	Family Swim		Fast lane	Family Swim		Fast Lane							**19.00-19.30**
19.30-20.00		SwimFit	SwimFit																			**19.30-20.00**
20.00-20.30	Adult Only			Adult Only	SwimFit	SwimFit	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Closed	Closed	Closed	Closed	Closed	Closed	**20.00-20.30**
20.30-21.00		Adult Only	Adult Only																			**20.30-21.00**
21.30-21.45					Adult Only	Adult Only							Closed	Closed	Closed							**21.30-21.45**