

Nuffield Health Swim Timetable Sept 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	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																						6.30-7.00																	
7.00-7.30																						7.00-7.30																	
7.30-8.00																						7.30-8.00																	
8.00-8.30																						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	Fast Lane	Swim Sch	Medium Lane	Fast Lane	9.00-9.30																	
9.30-10.00	Swim Sch 0930-1130						Swim Sch 0930-1130						Aqua 1030-1115									Swim Sch 0930-1130	Aqua 1145-1230	Family Swim	Aqua 1145-1230	9.30-10.00													
10.00-10.30	Swim Sch 0930-1130						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	Swim Sch	Medium Lane	Fast Lane	Swim Sch	Medium Lane	Fast Lane	10.00-10.30
10.30-11.00																																							10.30-11.00
11.00-11.30																																							11.00-11.30
11.30-12.00	Aqua 1145-1230	Adult Only	Adult Only	Aqua 1145-1230	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	Adult Only	Adult Only	11.30-12.00																	
12.00-12.30	12.00-12.30																																						
12.30-13.00	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	Swim Sch	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							16.00-16.30																																
16.30-17.00	Swim Sch	Medium Lane	Swim Sch	Swim Sch	Medium Lane	Swim Sch	Medium Lane	Swim Sch	Medium Lane	SwimSch	Medium Lane	Swim sch	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	Family Swim	Medium Lane	Fast Lane	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																						18.30-19.00																	
19.00-19.30	Family Swim	Adult Only	Fast Lane	Family Swim	Adult Only	Swim Sch	Family swim	Adult Only	Fast Lane	Family Swim	Adult Only	Fast lane	Family Swim	Adult Only	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	20.00-20.30																																						
20.30-21.00	20.30-21.00																																						
21.00-21.30	21.00-21.30																																						
21.30-21.45	21.30-21.45																																						