

# Swimming Lesson Timetable

## Hendon

Monday	
Time of Lesson	Activity
09:30 – 10:15	Parent & Infant (Under 6's allowed)
10:30 – 12:00	Women Only
10:45 – 11:30	Aqua (Women Only)
16:00 – 18:00	Family Swim
20:30 – 21:30	Men Only

Tuesday	
Time of Lesson	Activity
10:45 – 11:30	Aqua (Women Only)
14:30 – 15:30	Parent & Infant (Under 6's allowed)
20:30 – 21:30	Women Only

Wednesday	
Time of Lesson	Activity
09:30 – 10:30	Parent & Infant (Under 6's allowed)
10:30 – 11:15	Aqua
14:00 – 15:00	Women Only
16:00 – 18:00	Family Swim
20:30 – 21:30	Men Only

Thursday	
Time of Lesson	Activity
11:30 – 12:00	Parent & Infant (Under 6's allowed)
14:30 – 15:30	Parent & Infant (Women only, under 6's allowed)
20:30 – 21:30	Women Only

Friday	
Time of Lesson	Activity
09:30 – 10:15	Parent & Infant (Under 6's allowed)
10:30 – 12:00	Women Only
10:45 – 11:30	Aqua (Women Only)
14:00 – 15:30	Men Only
16:00 – 18:00	Family Swim

Saturday	
Time of Lesson	Activity
10:00 – 12:00	Family Swim

Sunday	
Time of Lesson	Activity
11:00 – 11:45	Aqua
13:00 – 14:00	Women Only (Under 16's allowed)
15:00 – 17:00	Family Swim
18:30 – 19:30	Men Only

Please note except during the above times, the pool will be mixed gender during operation hours. Please be aware that not all gender specific sessions can be guaranteed to be covered by a lifeguard of the same gender. If this does occur, a sign will be placed at reception.

On the UK Bank Holidays the pool will follow a Sunday timetable with Women Only 13:00 - 14:00, Family Swim 15:00 - 17:00 and Men Only 18:30 - 19:30.

### Pool Opening Times

- Monday to Thursday – 06:30 to 22:45pm
- Friday – 06:30 to 21:45pm
- Weekends - 09:00am to 20:45pm