# MAIN POOL TIMETABLE

Nuffield Health

06:30 07:00 07:30 08:00 08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30

**Monday**

| | |
|---|---|
| Lane 1 | 09:30 10:00 |
| Lane 2 | Aqua 11:00-11:45 |
| Lane 3 | Swim Lesson's 16:00-18:45 |
| Lane 4 | Swim Fitness 19:15-20:00 |
| Lane 5 | Family Swim 9:00-11:00 |
| | Family Swim 16:00-19:00 |

**Tuesday**

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|---|---|
| Lane 1 | 10:00-11:00 |
| Lane 2 | Swim Lesson's 17:00-20:00 |
| Lane 3 | |
| Lane 4 | Family Swim 9:00-11:00 |
| Lane 5 | Family Swim 16:00-19:00 |

**Wednesday**

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|---|---|
| Lane 1 | Aqua 11:00-11:45 |
| Lane 2 | Swim Lesson's 16:00-18:00 |
| Lane 3 | |
| Lane 4 | Family Swim 9:00-11:00 |
| Lane 5 | Family Swim 16:00-19:00 |

**Thursday**

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|---|---|
| Lane 1 | Swim Fitness 10:30-11:15 |
| Lane 2 | Swim Lesson's 16:00-19:00 |
| Lane 3 | 20:00-21:00 |
| Lane 4 | Family Swim 9:00-11:00 |
| Lane 5 | Family Swim 16:00-19:00 |

**Friday**

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|---|---|
| Lane 1 | Aqua 11:00-11:45 |
| Lane 2 | 12:30-1:30 |
| Lane 3 | Lesson 16:00-18:30 |
| Lane 4 | Family Swim 9:00-11:00 |
| Lane 5 | Family Swim 16:00-20:00 |

**Saturday**

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|---|---|
| Lane 1 | Pool Closed |
| Lane 2 | Swim Lesson's 08:30-12:30 |
| Lane 3 | Pool Closed |
| Lane 4 | Family Swim 13:00-19:00 |
| Lane 5 | Family Swim 09:00-12:00 |

**Sunday**

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|---|---|
| Lane 1 | Pool Closed |
| Lane 2 | Swim Lesson's 08:30-12:30 |
| Lane 3 | Aqua 12:30-13:15 |
| Lane 4 | Pool Closed |
| Lane 5 | Family Swim 13:00-19:00 |
| | Family Swim 09:00-12:00 |

06:30 07:00 07:30 08:00 08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30

*This is only a guide and may change depending on private one to one swim lessons and school holidays