

Pool Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 11:45 Aqua (3 Lanes)	9:30-10:15 Aqua 12:00 12:30 SwimFit (1 lane)	11:00 11:45 Aqua (3 Lanes)	9:45-10:30 Aqua Zumba (3 Lanes)	13:00 – 13:45 Aqua Zumba (3 Lanes)	10:00 10:45 Aqua (3 Lanes)	10:45 – 11:30 Aqua (3 Lanes)
14:00 17:00 Family Swim (2 Lanes)	14:00 17:00 Family Swim (2 Lanes)	14:00 17:00 Family Swim (2 Lanes)	14:00 17:00 Family Swim (2 Lanes)	14:00 17:00 Family Swim (2 Lanes)	14:00 17:00 Family Swim (2 Lanes)	14:00 17:00 Family Swim (2 Lanes)
14:00 18:30 Swim School (2 Lanes)	14:00 18:30 Swim School (2 Lanes)	14:00 18:30 Swim School (2 Lanes)	14:00 18:30 Swim School (2 Lanes)	14:00 18:30 Swim School (2 Lanes)	13:00 18:00 Swim School (2 Lanes)	13:00 18:00 Swim School (2 Lanes)



*between 14:00 – 17:00 we cannot guarantee a lane for adult lane swimming

Nuffield Health Specialists In You