

Swimming Timetable

Wandsworth Southside

Monday		
FAST LANE	MEDIUM LANE	SLOW
ADULT SWIM 6.30-10.00	ADULT SWIM 6.30-10.00	ADULT SWIM 6.30-16.00
AQUA AEROBICS 10.00-11.00		
ADULT SWIM 11.00-14.30	ADULT SWIM 11.00-21.30	SWIM LESSONS 15.30 -20.00
FAMILY SWIM 14.30-17.00		
SWIM LESSONS 17:00-18.00		
ADULT SWIM 18.00-21.30		ADULT SWIM 19.30-21.30

Wednesday		
FAST LANE	MEDIUM LANE	SLOW
ADULT SWIM 6.30-14.30	ADULT SWIM 6.30-21.30	ADULT SWIM 6.30-10.00 12.00-14.00
FAMILY SWIM 14.30-17.00		SWIM LESSONS 10.00-12.00 16.00-18.30
SWIM LESSONS 17.00-18.30		
ADULT SWIM 18.30-21.30		ADULT SWIM 18.30-21.30

Tuesday		
FAST LANE	MEDIUM LANE	SLOW
ADULT SWIM 6.30-12.00 13.00-14.30	ADULT SWIM 6.30-12.00 13.00-21.30	ADULT SWIM 6.30-12.00 13.00 – 15.30
FAMILY SWIM 14.30-17.00		AQUA AEROBICS 12.00-13.00
AQUA AEROBICS 12.00-13.00	AQUA AEROBICS 12.00-13.00	SWIM LESSONS 15.30 - 19.00
SWIM LESSONS 17.00-18.00		
ADULT SWIM 18.00-21.30		ADULT SWIM 19.00-21.30

Thursday		
FAST LANE	MEDIUM LANE	SLOW
ADULT SWIM 6.30-11.15 12.00-14.30 18.00-21.45	ADULT SWIM 6.30-11.15 12.00-21.45	ADULT SWIM 6.30 - 16.00
FAMILY SWIM 14.30-17.00		SWIM LESSONS 16.00-18.30
SWIM LESSONS 17.00-18.30	AQUA AEROBICS 11.15-12.00	
AQUA AEROBICS 11.15-12.00		ADULT SWIM 19.00 - 21.30

Friday		
FAST LANE	MEDIUM LANE	SLOW LANE
ADULT SWIM 6.30-10.00 12.00-1.00 18.00-21.30	ADULT SWIM 6.30-21.30	ADULT SWIM 6.30 - 10.00 11.00 - 16.00 18.00 - 21.30
FAMILY SWIM 10.00-12.00		SWIM LESSONS 10.00-10.30 16.00-18.00
SWIM LESSONS 17.00-18.00		

Swimming Timetable

Wandsworth Southside

Saturday		
FAST LANE	MEDIUM LANE	SLOW
ADULT SWIM 8.00-11.30	ADULT SWIM 8.00-11.30	ADULT SWIM 8.00-09.15
FAMILY SWIM 11.30-13.00 14.30 -16.00		SWIM LESSONS 09.15 - 14.30
ADULT SWIM 13.30-14.30	ADULT SWIM 13.00-14.30	
SWIM LESSONS 13.00-13.30	ADULT SWIM 13.00-14.30	
ADULT SWIM 16.00-19.30	ADULT SWIM 16.00-19.30	ADULT SWIM 14.30-19.30

Sunday		
FAST LANE	MEDIUM LANE	SLOW
ADULT SWIM 8.00-11.00	ADULT SWIM 8.00-11.00	ADULT SWIM 08.00-09:00
FAMILY SWIM 11.00-13.30		SWIM LESSONS 09.00-14.00
ADULT SWIM 13.30-19.30	ADULT SWIM 13.30-19.30	ADULT SWIM 14.00-19.30

- Please note there may be ad hoc one on one swimming lessons taking place on some occasions.