



# Pool Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua</b> (3 Lanes) 11:00 – 11:45	<b>Swim Fit</b> (1 Lane) 12:00 – 12:30	<b>Aqua</b> (3 Lanes) 10:00 – 10:45		<b>Aqua Zumba</b> (3 Lanes) 13:00 – 13:45	<b>Aqua</b> (3 Lanes) 10:00 – 10:45	<b>Aqua</b> (3 Lanes) 10:45– 11:30
<b>Family Swim</b> (2 Lanes) 14:00 – 17:00	<b>Family Swim</b> (2 Lanes) 14:00 – 17:00	<b>Family Swim</b> (2 Lanes) 14:00 – 17:00	<b>Family Swim</b> (2 Lanes) 14:00 – 17:00	<b>Family Swim</b> (2 Lanes) 14:00 – 17:00	<b>Family Swim</b> (2 Lanes) 14:00 – 17:00	<b>Family Swim</b> (2 Lanes) 14:00 – 17:00
<b>Swim School</b> (2 Lanes) 14:00 – 18:30	<b>Swim School</b> (2 Lanes) 14:00 – 18:30	<b>Swim School</b> (2 Lanes) 14:00 – 18:30	<b>Swim School</b> (2 Lanes) 14:00 – 18:30	<b>Swim School</b> (2 Lanes) 14:00 – 18:30	<b>Swim School</b> (2 Lanes) 13:00 – 18:00	<b>Swim School</b> (2 Lanes) 13:00 – 18:00

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

**Nuffield Health Specialists In You**