

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
7.15am	Lane Swim 7.15 - 9.30am	Lane Swim 7.15	Lane Swim 7.15 - 9.30am	Lane Swim 7.15 - 9am	Lane Swim 7.15 - 9.30am			NB School swimming lessons are term time only. During holidays these sessions maybe open to the public. Please call for details			
7.45am									Lane Swim 7.45 - 9am	Lane Swim 7.45 - 9am	
8.00am											
8.30am											
9.00am	School Swimming Programme 9.30 - 12noon	TO	School Swimming Programme 9.30 - 12noon	School Swimming Programme 9.00 - 12noon	School Swimming Programme 9.30 - 12noon	Junior Swimming Lessons 9 - 12.30pm	Junior Swimming Lessons 9 - 12pm				
9.30am											
10.00am											
10.30am											
11.00am											
11.30am											
12.00pm	Lane Swim 12 - 1.30pm	1pm	Lane Swim 12 - 1pm	Lane Swim 12 - 1pm	Lane Swim 12 - 1.30pm	Lane Swim 12.30 - 5pm	Lane Swim 12 - 5pm				
12.30pm											
1.00pm	Schools Swimming 1.45 - 3.30	Schools Swimming 1.15 - 3pm	50+ Lessons	50+ Lessons	Schools Swimming 1.30 - 2.30pm						
1.30pm											
2.00pm				Schools 2 - 3pm	Parent & Toddler 2 - 3pm						
2.30pm											
3.00pm	Parent & Toddlers		Lane Swim 3 - 4pm	Lane Swim 3 - 7.30pm	Lane Swim 2.30 - 4pm						
3.30pm	Junior Swim Lessons 4pm - 7.15pm	Lane Swim 3 - 7pm	Junior Swim Lessons 4 - 7.15pm		Junior Swim Lessons 4 - 7.15pm						
4.00pm											
4.30pm											
5.00pm											
5.30pm	Lane Swim 7.15 - 10pm	Aquafit 7- 7.45pm	Swimming Club 7.15 - 10pm	Aquablast 7.30 - 8.15pm	Swimming Club 7.15 - 10.15pm	CLOSED	CLOSED				
6.00pm											
6.30pm											
7.00pm											
7.30pm											
8.00pm											
8.30pm		Lane Swim 7.45 - 10pm		Lane Swim 8.30 - 10pm							
9.00pm											
9.30pm											
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED				