



SWIMMING TIMETABLE

| MONDAY | | |
|--------------------|------------------------------|-------------------|
| 4 x Lanes | Aquafit | 10.15am - 11.15am |
| 2 x Lanes | Rookie | 16:00pm - 18:00pm |
| TUESDAY | | |
| 3 x Lanes | Aquafit | 10.00am-11.00am |
| Pool Closed | Swimming Lessons | 16.00pm-19.30pm |
| WEDNESDAY | | |
| 3 x Lanes | Waterworks | 11.00am-11.45am |
| Beach pool | Swimming lessons | 16:00pm - 18:00pm |
| 2 x Lanes | Swimming lessons | 17:00pm - 19:20pm |
| 2 x Lanes | Rookie Lifeguard | 17:30pm - 18:00pm |
| THURSDAY | | |
| 3 x Lanes | School Lessons | 09.00am-15.00pm |
| 2 x Lanes | Disability friendly swimming | 13:00pm-14:30pm |
| 2 x Lanes | Aqua Fit | 18.15pm-19.00pm |
| FRIDAY | | |
| 3 x Lanes | Aqua Fit | 10.15am-11.00am |
| SATURDAY | | |
| Beach pool | Swimming lessons | 09:00am-12:40pm |
| 2 x Lanes | Swimming lessons | 13:40pm-16:00pm |
| SUNDAY | | |
| | Swimming lessons | 09:00am-13:00pm |
| 1 x Lane | Swimming Lessons | 13:30pm-15:00pm |

*Last Admissions to the Pool is 20.15pm or 15.15pm at Weekends
 . Under 8's must be accompanied by an Adult



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