

Swimming Pool Timetable

Adults: Over 16's only, Lane swimming available

Family: Open to children & Adults, U 8's must be accompanied by an Adult at all times

Pool swimming timetable Monday 1st. September-Sunday 26th. October 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Time	Saturday	S
7.00-8.30am	Adults*		Adults*		Adults*		10am-10.45am	Swim Classes	1
10.00am	Aqua Fit (9.45am)	Adults	P&C swim/	Adults	Adults				W
	Adults (11.30-12.15pm)		Adults (10.45-11.15am)						
1-1.45pm	Adults*	Adults* (1-1.30pm)	Adults*	Adults* (1-1.30pm)	Adults*				11.30am- 1pm
SWIMMING CLASSES							1pm-1.45pm	P & C swim	
4-4.45pm	Family	Family	Family	Family	Family		2.00pm until 5.00pm	Family*	F
SWIMMING CLASSES									
Evening Swims	Family 8.30pm-9.15pm	Family 7.45pm-8.30pm	Family 8-9pm	Family* 7.45pm-8.45pm	Family* 8-9pm				
Aquafit classes	Aqua-Fit (7.45pm)	Aqua-Fit (9.15pm)		Aqua-Fit (8.45pm)					
10-10.45pm	Adults*	Adults*		Adults*					

Lengths swimming available at all Adults swim sessions

*NO membership required for these times