

**MAIN POOL****Monday**

6.00 - 7.30 Clubs  
 7.30 - 9.00 Length Swim  
 9.00 - 12.00 School Swim  
 12.00 - 13.00 Length Swim  
 13.30 - 15.30 School Swim  
 16.00 - 19.15 Junior Lessons  
 19.15 - 20.00 Length Swim  
 20.00 - 20.45 Aqua Fit  
 20.45 - 22.00 Length Swim

**Tuesday**

6.30 - 9.00 Length Swim  
 9.00 - 10.00 School Swim  
 11.00 - 11.45 Aqua Fit  
 12.00 - 13.30 Length Swim  
 13.30 - 14.30 Staff Training  
 14.30 - 16.00 School Swim  
 16.00 - 17.15 Public Swim  
 17.15 - 18.30 Fun Swim(Floats Only)  
 18.30 - 19.00 Adult Swimming Lessons  
 19.00 - 20.00 Length Swim/Swimfit  
 20.00 - 21.00 Mainly Ladies  
 21.00 - 22.00 Length Swim

**Wednesday**

7.30 - 9.00 Length Swim  
 9.00 - 10.00 School Swim  
 10.00 - 11.15 Mainly Ladies  
 11.15 - 12.00 Aqua Med  
 12.00 - 13.30 Length Swim  
 13.30 - 15.00 School Swim  
 15.00 - 16.30 Public Swim  
 16.30 - 17.30 Clubs  
 17.30 - 18.30 Fun Swim  
 18.30 - 20.00 Public Swim/Length Swim  
 20.00 - 20.45 Aqua Fit  
 20.45 - 22.00 Length Swim

**Thursday**

7.30 - 9.00 Length Swim  
 9.00 - 12.00 School Swim  
 12.00 - 13.00 Length Swim  
 13.15 - 15.30 School Swim  
 16.00 - 17.15 Fun Swim  
 17.15 - 18.30 Public Swim  
 18.30 - 20.00 Length Swim  
 20.00 - 22.00 Club Swim

**Friday**

6.00 - 7.30 Clubs  
 7.30 - 9.15 Length Swim  
 9.30 - 10.30 School Swim  
 10.30 - 11.15 Public Swim  
 11.15 - 12.00 Aqua Zumba (Starts 20/01/12)  
 12.00 - 13.30 Length Swim  
 15.00 - 16.30 Relax Swim  
 16.30 - 17.30 Clubs  
 17.30 - 18.15 Length Swim  
 18.30 - 20.00 Fun Swim  
 20.30 - 21.30 Clubs

**Saturday**

7.30 - 9.00 Club  
 9.00 - 13.15 Junior Lessons  
 13.15 - 13.45 Diving Lessons  
 13.45 - 15.00 Fun Swim  
 15.00 - 21.00 Available for birthday parties

**Sunday**

8.00 - 9.00 Clubs  
 9.00 - 10.30 Length Swim  
 10.30 - 12.00 Public Swim  
 12.00 - 13.00 Disability Swim  
 13.00 - 14.30 Length Swim  
 14.30 - 16.00 Fun Swim  
 16.00 - 17.00 Available for birthday parties

**Sunday Continued..**

17.00 - 18.00 Junior Octopush  
 18.00 - 19.00 16+/Beginners Octopush  
 19.00 - 21.00 Canoeing

**SMALL POOL****Monday**

9.00 - 12.00 School Swim  
 12.00 - 13.00 Fun Swim  
 13.00 - 15.30 School Swim  
 16.00 - 19.00 Junior Lessons  
 19.00 - 20.00 Public Swimming

**Tuesday**

10.00 - 11.00 Fun Swim  
 11.00 - 12.00 School Swim  
 12.00 - 13.00 Public Swim  
 13.30 - 14.30 Staff Training  
 14.30 - 15.30 Aqua Babes  
 16.00 - 17.15 Fun Swim  
 18.30 - 20.00 Public Swim

**Wednesday**

10.00 - 11.00 School Swim  
 12.00 - 13.00 Aqua Babes  
 15.00 - 16.00 Fun Swim  
 16.00 - 17.00 Public Swim  
 17.00 - 19.00 Junior Swimming Lessons  
 19.00 - 20.00 Fun Swim

**Thursday**

9.00 - 12.00 School Swim  
 13.00 - 15.30 School Swim  
 15.30 - 16.30 Fun Swim  
 16.30 - 17.30 Aqua Babes  
 18.00 - 19.00 Public Swim

**Friday**

8.30 - 9.30 School Swim

**Friday Continued..**

10.30 - 12.00 Fun Swim  
 13.30 - 14.30 Aqua Babes  
 16.00 - 17.30 Public Swim  
 17.30 - 18.15 Fun Swim  
 18.30 - 20.00 Fun Swim

**Saturday**

7.30 - 10.30 Junior Lessons  
 10.30 - 13.30 Fun Swim  
 13.30 - 15.00 Fun Swim  
 15.00 - 19.00 Available for birthday parties

**Sunday**

9.00 - 10.30 Public Swim  
 10.30 - 11.30 Public Swim  
 14.30 - 16.00 Fun Swim  
 16.00 - 19.00 Available for birthday parties