



# SWIMMING TIMETABLE

JANUARY - MARCH 2018

See reverse for February Half Term (12 - 18 Feb)

## 8 JANUARY - 25 MARCH

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY		Adult Swim 6.30am-8.40am		Aqua Fit 8.45am-9.30am 9.30am-10.15am 10.15am-11am			Adult Swim 11am-2pm			50+ 2pm-4pm			Members Swim 6.15pm-8pm		Adult Lane Swimming 8pm-9pm
TUESDAY		Adult Swim 6.30am-9.30am						Members Swim 9.30am-2pm					Members Swim 5.15pm-8pm		Adult Swim 8pm-9pm
WEDNESDAY		Adult Swim 6.30am-8.55am		Aqua Fit 9am-9.45am 9.45am-10.30am	Members Swim 10.30am- 11.30am			Adult Swim 11.30am-2pm						Members Swim 7.15pm- 8pm	Adult Lane Swimming 8pm-9pm
THURSDAY		Adult Swim 6.30am-9am						Members Swim 11.15am-2pm					Members Swim 6.15pm-7.15pm <i>Half pool</i> 7.15pm-8pm		Adult Swim 8pm-9pm
FRIDAY		Adult Swim 6.30am-9.30am						Members Swim 10.30am-2pm		50+ 2pm-4pm			Family Splash 6.15pm-7.30pm	Adult Swim 7.30pm- 8.30pm	
SATURDAY							Family Splash 10.30am-12.45pm				Family Splash 3.15pm-5pm		Members Swim 5pm-7pm	Adult Swim 7pm-8pm	
SUNDAY		Adult Swim 8am-9am	Members Swim 9am-10am					Family Splash 10am-4.15pm						Members Swim 6.15pm-8pm	Adult Swim 8pm-9pm



# SWIMMING TIMETABLE

FEBRUARY HALF TERM 2018

## 12-18 FEBRUARY

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY	Adult Swim 6.30am-8.40am*		Aqua Fit 8.45am-9.30am 9.30am-10.15am 10.15am-11am			Adult Swim 11am-2pm		50+ 2pm-3pm	Family Splash 3pm-4pm		Members Swim 5pm-8pm			Adult Lane Swimming 8pm-9pm	
TUESDAY	Adult Swim 6.30am-9.30am*			Members Swim 9.30am-10.30am		Adult Swim 12.30pm-2pm		Family Splash 2pm-4pm		Members Swim 5pm-8pm			Adult Swim 8pm-9pm		
WEDNESDAY	Adult Swim 6.30am-8.55am*		Aqua Fit 9am-9.45am 9.45am-10.30am		Members Swim 10.30am-12pm	Adult Swim 12pm-2pm		Family Splash 2pm-4pm		Members Swim 5pm-8pm			Adult Lane Swimming 8pm-9pm		
THURSDAY	Adult Swim 6.30am-9.30am*			Members Swim 9.30am-10.30am*		Adult Swim 12.30pm-2pm		Family Splash 2pm-3pm		Members Swim 5pm-8pm			Adult Swim 8pm-9pm		
FRIDAY	Adult Swim 6.30am-9.30am*			Members Swim 10.30am-12pm		Adult Swim 12pm-2pm		50+ 2pm-3pm		Family Splash 5pm-7.30pm			Adult Swim 7.30pm-8.30pm		
SATURDAY	Family Splash 11am-3pm					Members Swim 3pm-7pm			Adult Swim 7pm-8pm						
SUNDAY	Adult Swim 8am-9am	Members Swim 9am-10am	Family Splash 10am-5.30pm					Members Swim 5.30pm-8pm		Adult Swim 8pm-9pm					

\* Half pool closed for NPLQ Lifeguard Course