

SWIMMING TIMETABLE

MONDAY 7 JANUARY - SUNDAY 31 MARCH 2019

Half Term 18-24 Feb see separate timetable below

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
MONDAY		Adult Swim 6.30-8.40 2 lanes		AquaFit 8.45-9.30 9.30-10.15 10.15-11.00			Adult Swim 11.00-2.00 2 lanes		50+ 2.00-4.00				Members Swim 6.15-8.00 2 lanes		Adult Swim 8.00-9.00 2 lanes	
TUESDAY		Adult Swim 6.30-9.30 2 lanes						Members Swim 9.30-2.00 2 lanes					Members Swim 5.15-8.00 2 lanes		Adult Swim 8.00-9.00 2 lanes	
WEDNESDAY		Adult Swim 6.30-8.55 2 lanes		AquaFit 9.00-9.45 9.45-10.30	Members Swim 10.30-11.30 2 lanes		Adult Swim 11.30-2.00 2 lanes							Members Swim 7.15-8.00 2 lanes	Adult Swim 8.00-9.00 2 lanes	
THURSDAY		Adult Swim 6.30-9.00 2 lanes						Members Swim 11.15-2.00 2 lanes						Members Swim 6.30-7.15 2 lanes *	Members Swim 7.15-8.00 2 lanes	Adult Swim 8.00-9.00 2 lanes
FRIDAY		Adult Swim 6.30-9.30 2 lanes						Members Swim 10.30-2.00 2 lanes		50+ 2.00-4.00			Family Splash 6.15-7.30		Adult Swim 7.30-8.30 2 lanes	
SATURDAY								Family Splash 10.30-12.45			Family Splash 3.15-5.00		Members Swim 5.00-7.00 2 lanes		Adult Swim 7.00-8.00 2 lanes	
SUNDAY		Adult Swim 8.00-9.00 2 lanes	Members Swim 9.00-10.00 2 lanes											Members Swim 6.15-8.00 2 lanes	Adult Swim 8.00-9.00 2 lanes	

* Half pool closed

HALF TERM: MONDAY 18 - SUNDAY 24 FEBRUARY 2019

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MON 18 FEB		Adult Swim 6.30-8.40 2 lanes *		AquaFit 8.45-9.30 9.30-10.15 10.15-11.00			Adult Swim 11.00-2.00 2 lanes		50+ 2.00-3.00	Family Splash 3.00-4.00			Members Swim 5.00-8.00 2 lanes		Adult Swim 8.00-9.00 2 lanes
TUE 19 FEB		Adult Swim 6.30-9.30 2 lanes *			Members Swim 9.30-10.30 2 lanes			Adult Swim 12.30-2.00 2 lanes		Family Splash 2.00-4.00			Members Swim 5.00-8.00 2 lanes		Adult Swim 8.00-9.00 2 lanes
WED 20 FEB		Adult Swim 6.30-8.55 2 lanes *		AquaFit 9.00-9.45 9.45-10.30	Members Swim 10.30-12.00 2 lanes		Adult Swim 12.00-2.00 2 lanes			Family Splash 2.00-4.00			Members Swim 5.00-8.00 2 lanes		Adult Swim 8.00-9.00 2 lanes
THU 21 FEB		Adult Swim 6.30-9.30 2 lanes *			Members Swim 9.30-10.30 2 lanes			Adult Swim 12.30-2.00 2 lanes		Family Splash 2.00-3.00			Members Swim 5.00-8.00 2 lanes		Adult Swim 8.00-9.00 2 lanes
FRI 22 FEB		Adult Swim 6.30-9.30 2 lanes *				50+ 10.30-12.00		Adult Swim 12.00-2.00 2 lanes		50+ 2.00-3.00			Family Splash 5.00-7.30		Adult Swim 7.30-8.30 2 lanes
SAT 23 FEB								Family Splash 11.00-3.00					Members Swim 3.00-7.00 2 lanes		Adult Swim 7.00-8.00 2 lanes
SUN 24 FEB		Adult Swim 8.00-9.00 2 lanes	Members Swim 9.00-10.00 2 lanes											Members Swim 5.30-8.00 2 lanes	Adult Swim 8.00-9.00 2 lanes

* Half pool closed

Adult Swim: Age 18+

Members Swim: Lengths swim – suitable for all

Family Splash: All ages - swimming with large floats

50+: Ages 50 and over

2 lanes: Structured lane swimming

Children under 8 must be accompanied by an adult (18+) or parent



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