



MONDAY 13 JANUARY - SUNDAY 29 MARCH 2020

Half Term 17-23 Feb see separate timetable

	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 7.00-8.00 2 lanes	Adult Swim 8.00-9.00 2 lanes
FRIDAY		Adult Swim 6.30-8.55 2 lanes		Aquafit 9.00-9.45 9.45-10.30			Members Swim 11.30-2.00 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					Family Splash 10.00-4.15						Members Swim 6.15-8.00 2 lanes	Adult Swim 8.00-9.00 2 lanes

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



HALF TERM: MONDAY 17 - SUNDAY 23 FEBRUARY 2020

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MON 17 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 18 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 19 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 20 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 21 FEB		Adult Swim 6.30-8.55 2 lanes *		Aquafit 9.00-9.45 9.45-10.30			Members Swim 11.30-2.00 2 lanes		50+ 2.00-3.00				Family Splash 5.00-7.30		Adult Swim 7.30-8.30 2 lanes
SAT 22 FEB									Family Splash 11.00-3.00			Members Swim 3.00-7.00 2 lanes			Adult Swim 7.00-8.00 2 lanes
SUN 23 FEB		Adult Swim 8.00-9.00 2 lanes		Members Swim 9.00-10.00 2 lanes					Family Splash 10.00-5.30				Members Swim 5.30-8.00 2 lanes		Adult Swim 8.00-9.00 2 lanes

Adult Swim: Age 18+

Members Swim: Lengths swim – suitable for all

Family Splash: All ages - swimming with large floats

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