

**INDOOR POOL - Term Time 6th September to 24th October**

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
MON	Lane 1		Lane Swim		Adult Swim Ts	Lane Swim	Lane Swim	Lane Swim		Swim Lessons					Adult Swim Ts	Lane Swim
	Lane 2		Lane Swim			Lane Swim	Lane Swim	Lane Swim		Swim Lessons						Lane Swim
	Lane 3		Lane Swim		General Swim		HIIT Aqua - 11am	Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			Lane Swim			General Swim		Swim Lessons		Lane Swim			
TUES	Lane 1		Lane Swim		Aqua 9am	Lane Swim	Lane Swim	Lane Swim		Beg Adult Swim	Swim Lessons					Lane Swim
	Lane 2		Lane Swim			Lane Swim	Lane Swim	Lane Swim			Swim Lessons					Lane Swim
	Lane 3		Lane Swim		General Swim		Aqua 11:20am	Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			Lane Swim			General Swim		Swim Lessons		Lane Swim			
WED	Lane 1		Lane Swim		Adult Swim Ts	Lane Swim	Lane Swim	Lane Swim		Swim Lessons					Lane Swim	
	Lane 2		Lane Swim			Lane Swim	Lane Swim	Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim		General Swim		Aqua 11:20am	Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			Lane Swim			General Swim		Swim Lessons		Lane Swim			
THUR	Lane 1		Lane Swim		Adult Swim Ts*	Lane Swim	Lane Swim	Lane Swim		Swim Lessons					Lane Swim	
	Lane 2		Lane Swim			Lane Swim	Lane Swim	Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim		General Swim		Aqua 11am	Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			Lane Swim			General Swim		Swim Lessons		Lane Swim			
FRI	Lane 1		Lane Swim		Aqua 9am	Lane Swim	Staff Swim Lesson	Lane Swim		Swim Lessons					Lane Swim	
	Lane 2		Lane Swim			Lane Swim	Lane Swim	Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim		General Swim		Aqua 11am	Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			Lane Swim			General Swim		Swim Lessons		Lane Swim			
SAT	Lane 1		Lane Swim		Aqua 9am	Lane Swim	Lane Swim	Lane Swim		Float Session	Swim Lessons					Lane Swim
	Lane 2		Lane Swim			Lane Swim	Lane Swim	Lane Swim			Swim Lessons					Lane Swim
	Lane 3		Lane Swim		General Swim		Aqua 11am	Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			Lane Swim			General Swim		Swim Lessons		Lane Swim			
SUN	Lane 1		Lane Swim		Swim Lessons	Lane Swim	Lane Swim	Lane Swim		Float Session	Swim Lessons					Lane Swim
	Lane 2		Lane Swim			Lane Swim	Lane Swim	Lane Swim			Swim Lessons					Lane Swim
	Lane 3		Lane Swim		General Swim		Aqua 11am	Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			Lane Swim			General Swim		Swim Lessons		Lane Swim			

**Outdoor Pool - Term Time 6th September to 24th October**

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm
MON	Lane 1		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 2		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 3		Lane Swim			General Swim							Lane Swim		
	Lane 4		Lane Swim			General Swim							Lane Swim		
TUES	Lane 1		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 2		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 3		Lane Swim			General Swim		Hydro Spin - 11:10	General Swim					Lane Swim	
	Lane 4		Lane Swim			General Swim		Hydro Spin - 11:10	General Swim					Lane Swim	
WED	Lane 1		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 2		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 3		Lane Swim			General Swim							Lane Swim		
	Lane 4		Lane Swim			General Swim							Lane Swim		
THUR	Lane 1		Lane Swim			Adult Swim Ts*			Lane Swim*					Lane Swim*	
	Lane 2		Lane Swim				Lane Swim*			Lane Swim*				Lane Swim*	
	Lane 3		Lane Swim			General Swim							Lane Swim		
	Lane 4		Lane Swim			General Swim							Lane Swim		
FRI	Lane 1		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 2		Lane Swim			Lane Swim			Lane Swim*					Lane Swim*	
	Lane 3		Lane Swim			General Swim		Hydro Spin - 11:10	General Swim					Lane Swim	
	Lane 4		Lane Swim			General Swim		Hydro Spin - 11:10	General Swim					Lane Swim	
SAT	Lane 1		Lane Swim			Lane Swim			Lane Swim					Lane Swim*	
	Lane 2		Lane Swim			Lane Swim			Lane Swim					Lane Swim*	
	Lane 3		Lane Swim			General Swim							Lane Swim*		
	Lane 4		Lane Swim			General Swim							Lane Swim*		
SUN	Lane 1		Lane Swim			Lane Swim			Lane Swim					Lane Swim*	
	Lane 2		Lane Swim			Lane Swim			Lane Swim					Lane Swim*	
	Lane 3		Lane Swim	Hydro Spin - 8:15am	General Swim							Lane Swim*			
	Lane 4		Lane Swim	Hydro Spin - 8:15am	General Swim							Lane Swim*			

Lane Swim \* - In case of overcrowding this lane swim will turn into General swim