

INDOOR POOL - Non Term Time Monday 8th July to Sunday 2nd September

		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			Lane Swim	Swim Crash Course		Lane Swim	Lane Swim								
	Lane 2	Lane Swim			Lane Swim				Lane Swim								
	Lane 3	Lane Swim			General Swim		HIIT Aqua - 10.50am	Lane Swim	Hydro Rehab	General Swim	Kids Camps	General Swim			Lane Swim		
	Lane 4	Lane Swim			General Swim		HIIT Aqua - 10.50am	Lane Swim	Hydro Rehab	General Swim	Kids Camps	General Swim			Lane Swim		
TUES	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	Lane Swim								
	Lane 2	Lane Swim			Lane Swim				Lane Swim								
	Lane 3	Lane Swim			Aqua 9.45am		General Swim		Lane Swim	Hydro Rehab	General Swim	Kids Camps	General Swim			Lane Swim	
	Lane 4	Lane Swim			Aqua 9.45am		General Swim		Lane Swim	Hydro Rehab	General Swim	Kids Camps	General Swim			Lane Swim	
WED	Lane 1	Lane Swim			Adult Swim T.	Swim Crash Course		Lane Swim	Lane Swim				Lane Swim				
	Lane 2	Lane Swim			Lane Swim				Lane Swim				Lane Swim				
	Lane 3	Lane Swim			General Swim		Aqua - 10.30am	General Swim	Lane Swim	General Swim		Kids Camps	Float Session	General Swim			Lane Swim
	Lane 4	Lane Swim			General Swim		Aqua - 10.30am	General Swim	Lane Swim	General Swim		Kids Camps	Float Session	General Swim			Lane Swim
THUR	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	Lane Swim								
	Lane 2	Lane Swim			Lane Swim				Lane Swim								
	Lane 3	Lane Swim	Hydro Spin	Lane Swim	Hydro Rehab	General Swim	Aqua 11am	Lane Swim	General Swim		Kids Camps	General Swim			Lane Swim		
	Lane 4	Lane Swim	Hydro Spin	Lane Swim	Hydro Rehab	General Swim	Aqua 11am	Lane Swim	General Swim		Kids Camps	General Swim			Lane Swim		
FRI	Lane 1	Lane Swim			Swim Crash Course		Lane Swim	Lane Swim									
	Lane 2	Lane Swim			Lane Swim				Lane Swim								
	Lane 3	Lane Swim			Aqua 9am	General Swim		Lane Swim	General Swim		Kids Camps	General Swim			Lane Swim		
	Lane 4	Lane Swim			Aqua 9am	General Swim		Lane Swim	General Swim		Kids Camps	General Swim			Lane Swim		
SAT	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	1-2pm	2-3pm	Lane Swim		Lane Swim				
	Lane 2	Lane Swim			Lane Swim				Lane Swim				Lane Swim				
	Lane 3	Lane Swim			Aqua 8.45am		General Swim		Closed Set Up	Inflatable Session ***	Closed Take Down	General Swim		Lane Swim			
	Lane 4	Lane Swim			Aqua 8.45am		General Swim		Closed Set Up	Inflatable Session ***	Closed Take Down	General Swim		Lane Swim			
SUN	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	1-2pm	2-3pm	Lane Swim		Lane Swim				
	Lane 2	Lane Swim			Lane Swim				Lane Swim				Lane Swim				
	Lane 3	Lane Swim			General Swim		General Swim		Closed Set Up	Inflatable Session ***	Closed Take Down	General Swim		Lane Swim			
	Lane 4	Lane Swim			General Swim		General Swim		Closed Set Up	Inflatable Session ***	Closed Take Down	General Swim		Lane Swim			

*** Inflatable Session - Indoor Pool is closed for set up / take down from 1pm to 1.30pm & 2.30pm to 3pm

Outdoor Pool - Non Term Time Monday 8th July to Sunday 2nd September

		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			Swim Crash Course		Lane Swim	Lane Swim								
	Lane 2	Lane Swim			Lane Swim				Lane Swim							
	Lane 3	Lane Swim			General Swim		General Swim		General Swim		General Swim			Lane Swim		
	Lane 4	Lane Swim			General Swim		General Swim		General Swim		General Swim			Lane Swim		
TUES	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	Lane Swim							
	Lane 2	Lane Swim			Lane Swim				Lane Swim							
	Lane 3	Lane Swim			General Swim		**H.S. - 11am	General Swim		General Swim			Lane Swim			
	Lane 4	Lane Swim			General Swim		**H.S. - 11am	General Swim		General Swim			Lane Swim			
WED	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	Lane Swim							
	Lane 2	Lane Swim			Lane Swim				Lane Swim							
	Lane 3	Lane Swim			Hydro Circuit		General Swim		General Swim		General Swim			Lane Swim		
	Lane 4	Lane Swim			Hydro Circuit		General Swim		General Swim		General Swim			Lane Swim		
THUR	Lane 1	Lane Swim			Adult Swim T.	Swim Crash Course		Lane Swim	Lane Swim							
	Lane 2	Lane Swim			Lane Swim				Lane Swim							
	Lane 3	Lane Swim			General Swim		General Swim		General Swim		General Swim			Lane Swim		
	Lane 4	Lane Swim			General Swim		General Swim		General Swim		General Swim			Lane Swim		
FRI	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	Lane Swim							
	Lane 2	Lane Swim			Lane Swim				Lane Swim							
	Lane 3	Lane Swim			General Swim		Hydro Circuit 11.10am**	General Swim		General Swim			Lane Swim			
	Lane 4	Lane Swim			General Swim		Hydro Circuit 11.10am**	General Swim		General Swim			Lane Swim			
SAT	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	1-2pm	2-3pm	Lane Swim		Lane Swim			
	Lane 2	Lane Swim			Lane Swim				Lane Swim				Lane Swim			
	Lane 3	Lane Swim			General Swim		General Swim		General Swim		General Swim			Lane Swim		
	Lane 4	Lane Swim			General Swim		General Swim		General Swim		General Swim			Lane Swim		
SUN	Lane 1	Lane Swim			Lane Swim	Swim Crash Course		Lane Swim	Lane Swim							
	Lane 2	Lane Swim			Lane Swim				Lane Swim							
	Lane 3	Lane Swim			H.S. - 8.10am		General Swim		General Swim		General Swim			Lane Swim		
	Lane 4	Lane Swim			H.S. - 8.10am		General Swim		General Swim		General Swim			Lane Swim		

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

** Hydro Spin - In case of overcrowding this class will be in the Indoor Pool