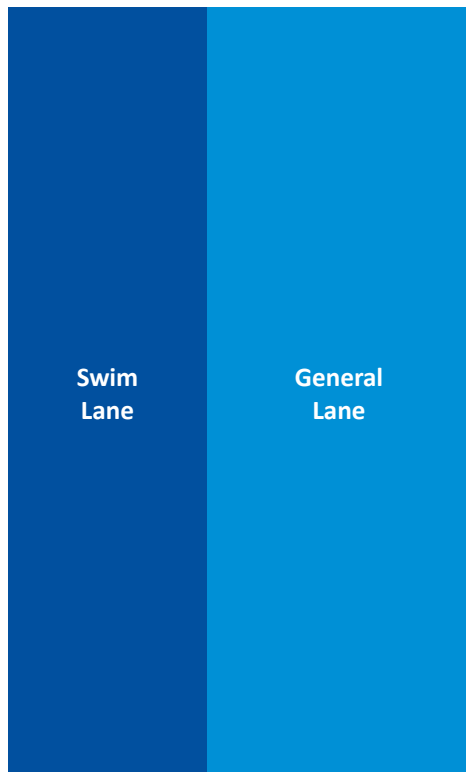


HALF-TERM POOL TIMETABLE - 12TH FEB - 18TH FEB

This is our timetable of weekly Pool activities during half-term. Please use this to choose the best times for you to swim.

You can also view the timetable online at www.coletshealthclub.co.uk.

STANDARD POOL LAYOUT



| DAY | TIME | ACTIVITIES/CLASSES | SWIM LANE | GENERAL LANE |
|-------------|-------------|--|-----------------------------------|---------------------------------|
| MON 12th | 09:45-10:30 | Aqua Mix | 25m lane - adults only | Aqua class only - no swimming |
| | 10:30-12:00 | Intensive Swimming Lessons | 25m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 14:30-16:00 | Kids' Camp | 20m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 16:45-17:45 | Kids' Splash | 20m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 18:30-19:15 | Deep Water Aqua | 25m lane - adults only | Aqua class only - no swimming |
| | 20:00-20:45 | Swim Fit | 25m lane - adults only | 25m lane - adults only |
| TUE 13th | 09:45-10:30 | Deep Water Aqua | 25m narrow lane - adults only | Aqua class only - no swimming |
| | 10:30-12:00 | Intensive Swimming Lessons | 20m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 14:30-16:00 | Kids' Camp | 20m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 18:45-19:30 | Aqua Mix | 25m lane - adults only | Aqua class only - no swimming |
| WED 14th | 09:45-10:30 | Aqua Mix | 25m lane - adults only | Aqua class only - no swimming |
| | 10:30-12:00 | Intensive Swimming Lessons | 20m lane (first 5m roped off) | 25m lane (narrow) |
| | 14:30-16:00 | Kids' Camp | 20m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 20:00-22:00 | Chill Out Time | 25m lane - adults only | 25m lane - adults only |
| THU 15th | 06:35-07:20 | Swim Fit | 25m n lane - adults & 14-17s only | 25m lane - adults & 14-17s only |
| | 09:45-10:30 | Deep Water Aqua | 25m narrow lane - adults only | Aqua class only - no swimming |
| | 11:30-12:15 | H.I.I.T. Aqua | 25m lane | Aqua class only - no swimming |
| | 14:30-16:00 | Kids' Camp | 20m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 18:20-19:00 | H.I.I.T. Aqua | 25m lane - adults only | Aqua class only - no swimming |
| FRI 16th | 14:30-16:00 | Kids' Camp | 20m lane (first 5m roped off) | 20m lane (first 5m roped off) |
| | 20:00-22:00 | Chill Out Time | 25m lane - adults only | 25m lane |
| SAT 17th | 14:00-16:00 | Check at Reception for Kids' Party Hire - if booked, there will be a 20m lane. | | |
| SUN 18th | 14:00-16:00 | Check at Reception for Kids' Party Hire - if booked, there will be a 20m lane. | | |