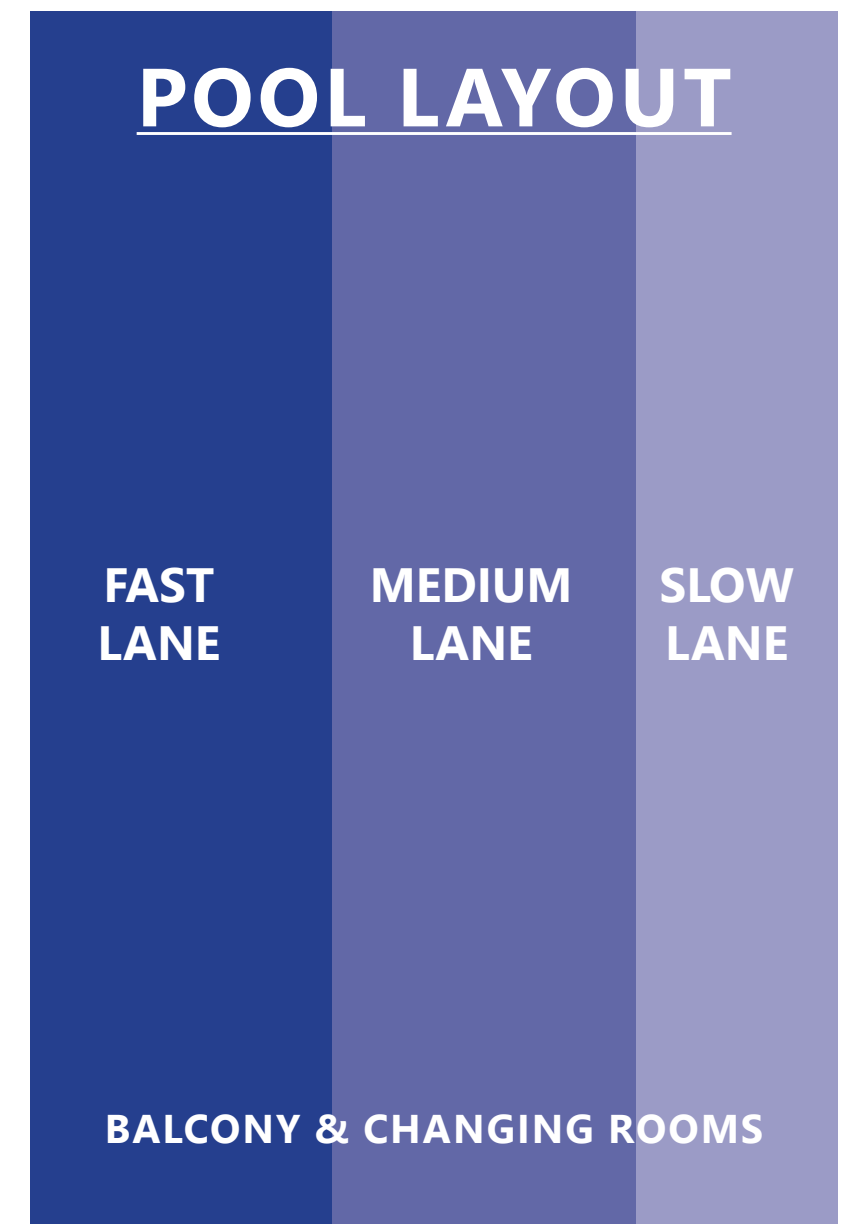


POOL TIMETABLE

	TIME	PRIMARY ACTIVITY	SECONDARY ACTIVITY
MONDAY	06:30-10:00	LANE SWIMMING (14+)	
	10:05-10:45	AQUA (TRACEY)	
	11:00-12:00	LANE SWIMMING (14+)	
	12:00-13:00	FAMILY SWIM	
	13:00-15:00	LANE SWIMMING (14+)	
	15:00-17:00	SWIMMING LESSONS	
	17:00-18:00	SWIMMING LESSONS	SWIM SQUAD
	18:00-19:00	LANE SWIMMING	
	19:10-19:50	AQUA (MARA)	
TUESDAY	06:30-08:00	LANE SWIMMING (14+)	SWIM FIT (CHRIS)
	08:00-10:00	LANE SWIMMING (14+)	
	10:05-10:45	AQUA (ARTHUR)	
	11:00-12:00	FAMILY SWIM	
	12:00-15:00	LANE SWIMMING (14+)	
	15:00-16:00	LANE SWIMMING (14+)	PRIVATE LESSONS
	16:00-18:00	FAMILY SWIM	PRIVATE LESSONS
	18:10-18:50	AQUA (ARTHUR)	
	19:00-20:00	LANE SWIMMING	
WEDNESDAY	06:30-10:00	LANE SWIMMING (14+)	
	10:05-10:45	AQUA (TRACEY)	
	11:00-12:00	FAMILY SWIM	
	12:00-15:00	LANE SWIMMING (14+)	
	15:00-17:00	SWIMMING LESSONS	
	17:00-18:00	SWIMMING LESSONS	SWIM SQUAD
	18:10-18:50	AQUA (MARIYA)	
	19:00-20:00	LANE SWIMMING	

	TIME	PRIMARY ACTIVITY	SECONDARY ACTIVITY	
THURSDAY	06:30-08:00	LANE SWIMMING (14+)	SWIM FIT (CHRIS)	
	08:00-10:00	LANE SWIMMING (14+)		
	10:05-10:45	DEEP WATER AQUA (ARTHUR)		
	11:00-12:00	LANE SWIMMING (14+)		
	12:00-13:00	FAMILY SWIM		
	13:00-15:00	LANE SWIMMING (14+)		
	15:00-16:00	LANE SWIMMING (14+)	PRIVATE LESSONS	
	16:00-18:00	FAMILY SWIM	PRIVATE LESSONS	
	18:00-19:00	LANE SWIMMING		
FRIDAY	06:30-10:00	LANE SWIMMING (14+)		
	10:05-10:45	AQUA (TRACEY)		
	11:00-12:00	FAMILY SWIM		
	12:00-15:00	LANE SWIMMING (14+)		
	15:00-16:00	LANE SWIMMING (14+)	PRIVATE LESSONS	
	16:00-18:00	FAMILY SWIM	PRIVATE LESSONS	
	18:10-18:50	DEEP WATER AQUA (ARTHUR)		
	19:00-20:00	LANE SWIMMING (14+)		
	SATURDAY	08:00-09:00	LANE SWIMMING (14+)	
09:00-13:00		FAMILY SWIM	PRIVATE LESSONS	
13:00-16:00		LANE SWIMMING (14+)		
16:00-17:00		FAMILY SWIM		
17:10-17:50		AQUA (ARTHUR)		
18:00-20:00		LANE SWIMMING (14+)		
SUNDAY		08:00-09:00	LANE SWIMMING (14+)	
		09:00-12:00	FAMILY SWIM	
		12:00-15:00	LANE SWIMMING (14+)	
	15:00-17:00	FAMILY SWIM	PRIVATE LESSONS	
	17:00-18:00	LANE SWIMMING (14+)	PRIVATE LESSONS	
	18:10-18:50	AQUA (MARA)		
	19:00-20:00	LANE SWIMMING (14+)		

FAMILY SWIM SWIM SQUAD
 LANE SWIM SWIM FIT
 AQUA



Pre-book all visits to the Club
 Ensure you come 'beach-ready'
 Tables available on poolside for bags
 Shower available post-swim/aqua

