

Swimming Timetable - Autumn 2018

Term Time Timetable (10th September - 9th December)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00							
06:30							
07:00							
07:30							
08:00							
08:30							
09:00							Stage 1 & 2
09:30							Stage 1 & 2
10:00					Aquafit		Stage 3 & 4
10:30							Stage 5 & 6
11:00	Birth - 2 yrs			Aquafit			
11:30	2 - 4 yrs						
12:00							
12:30		Aquafit					
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30	Stage 1 & 2		Stage 1 & 2	Stage 1 & 2			
17:00	Stage 3 & 4		Stage 3 & 4	Stage 3 & 4			
17:30	Stage 5 & 6 & 7			Stage 5 & 6			
18:00							
18:30							
19:00							
19:30			Aquafit				
20:00							
20:30							
21:00							
21:30							
22:00							

General Swim

U16's must be accompanied by an adult. 1 fast lane. 1 standard lane swim. 1/2 the pool open for family swim

Adult only swim

Family splash time

Lifeguarded, inflatables allowed.

Aquafit

Parent & baby lessons

Swimming lessons & Lifeguarded session

10th September - 9th December, excluding half term week & bank holidays. During lifeguarded sessions 12-15 year olds can swim without parent/ guardian