

# Swimming Timetable - Summer 2018

School Holiday Timetable (23rd July - 9th September)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00							
06:30							
07:00							
07:30							
08:00							
08:30							
09:00							
09:30							
10:00							
10:30	Lifeguarded session	Lifeguarded session	Lifeguarded session	Aquafit	Aquafit		
11:00							
11:30							
12:00							
12:30		Aquafit					
13:00							
13:30							
14:00							
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15:00							
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16:00							
16:30							
17:00							
17:30							
18:00							
18:30							
19:00							
19:30							
20:00			Aquafit				
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**

Please note this is also Adult Only swim

**Lifeguarded session**

12-15 year olds can swim without a parent/guardian.

\*We will be running a Crash Course Level 1/2 Swimming Lessons from 23rd July-27th July from 2.30pm-3.30pm  
Please note only half of the pool will be used for this, the other half of the pool will be for general swim.