

# Swimming Timetable - Weeks Beginning

## 7th and 21st January and 4th February



### Monday

7:30am - 9:00am	<b>Adults Only</b>
9:00am - 10:00am	<b>Open Swim</b>
10:00am - 10:30am	<b>Toddler Swimming Lessons</b>
4:00pm - 6:00pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>

### Wednesday

7:30am - 9:00am	<b>Adults Only</b>
9:00am - 10:30am	<b>Open Swim</b>
4:00pm - 5:30pm	<b>Children's Swimming Lessons</b>
6:00pm - 7:00pm	<b>Junior Swim Fit</b>
7:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>

### Tuesday

7:30am - 9:00am	<b>Adults Only</b>
9:00am - 10:30am	<b>Open Swim</b>
12:45pm - 1:45pm	<b>Open Swim</b>
4:00pm - 5:30pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>



### Thursday

7:30am - 9:00am	<b>Adults Only</b>
9:00am - 11:30am	<b>Open Swim</b>
12:45pm - 3:00pm (1:00pm - 2:00pm)	<b>Open Swim (Toddler Swimming lesson - No use of Shallow end during lesson)</b>
3:00pm - 3:45pm	<b>Ladies Only</b>
4:00pm - 6:00pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>

### Friday

7:30am - 8:30am	<b>Adults Only</b>
9:30am - 12:30pm	<b>Open Swim</b>
4:00pm - 6:00pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm (6:00pm - 7:00pm)	<b>Open Swim (Adult Swim Fit)</b>
8:00pm - 9:00pm	<b>Adults Only</b>

### Saturday

7:45am - 8:30am	<b>Adults Only</b>
10:00am - 12:00pm	<b>Children's Swimming Lessons</b>
12:00pm - 1:30pm	<b>Open Swim</b>
4:00pm - 5:00pm	<b>Adults Only</b>

### Sunday

9:00am - 10:00am	<b>Adults Only</b>
10:00am - 11:00am	<b>Open Swim</b>
11:00am - 12:00pm	<b>Fun Session</b>
12:00pm - 2:00pm	<b>Open Swim (Not 13th Jan)</b>
3:00pm - 4:00pm	<b>Open swim (Not 13th Jan)</b>
4:00pm - 5:00pm	<b>Adults Only (Not 13th Jan)</b>

	<b>Member</b>	<b>Guest</b>
<b>Adult</b>	£2.60	£5.15
<b>Child</b>	£1.95	£3.45
<b>Concession</b>	£1.95	£3.45
<b>Adult Swim Fit</b>	£4.00	£7.00

# Swimming Timetable - Weeks Beginning 14th and 28th January and 11th February



## Monday

7:30am - 9:00am	<b>Adults Only</b>
9:00am - 10:00am	<b>Open Swim</b>
10:00am - 10:30am	<b>Toddler Swimming Lessons</b>
4:00pm - 6:00pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>

## Wednesday

7:30am - 8:30am	<b>Adults Only</b>
10:30am - 12:15pm	<b>Open Swim</b>
4:00pm - 5:30pm	<b>Children's Swimming Lessons</b>
6:00pm - 7:00pm	<b>Junior Swim Fit</b>
7:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>

## Tuesday

7:30am - 8:30am	<b>Adults Only</b>
10:30am - 1:45pm	<b>Open Swim</b>
4:00pm - 5:30pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>



## Thursday

7:30am - 9:00am	<b>Adults Only</b>
9:00am - 11:30am	<b>Open Swim</b>
12:30pm - 2:00pm (1:00pm - 2:00pm)	<b>Open Swim (Toddler Swimming lesson - No use of Shallow end during lesson)</b>
4:00pm - 6:00pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm	<b>Open Swim</b>
8:00pm - 9:00pm	<b>Adults Only</b>

## Friday

7:30am - 9:30am	<b>Adults Only</b>
10:30am - 12:30pm	<b>Open Swim (Not 15th Feb)</b>
4:00pm - 6:00pm	<b>Children's Swimming Lessons</b>
6:00pm - 8:00pm (6:00pm - 7:00pm)	<b>Open Swim (Adult Swim Fit)</b>
8:00pm - 9:00pm	<b>Adults Only</b>

## Saturday

7:45am - 8:30am	<b>Adults Only</b>
10:00am - 12:00pm	<b>Children's Swimming Lessons</b>
12:00pm - 1:30pm	<b>Open Swim</b>
4:00pm - 5:00pm	<b>Adults Only</b>

## Sunday

9:00am - 10:00am	<b>Adults Only</b>
10:00am - 11:00am	<b>Open Swim</b>
11:00am - 12:00pm	<b>Fun Session</b>
12:00pm - 2:00pm	<b>Open Swim</b>
3:00pm - 4:00pm	<b>Open Swim</b>
4:00pm - 5:00pm	<b>Adults Only</b>

	<b>Member</b>	<b>Guest</b>
<b>Adult</b>	£2.60	£5.15
<b>Child</b>	£1.95	£3.45
<b>Concession</b>	£1.95	£3.45
<b>Adult Swim Fit</b>	£4.00	£7.00