

Swimming Timetable
Monday 6th June – Sunday 24th July 2022

| Monday | |
|-------------|----------------------------|
| Time | Session |
| 07.00-08.00 | Lane Swim |
| 08.15-09.00 | Public Swim (with 2 Lanes) |
| 11.00-11.45 | Aqua Mobility |
| 12.15-13.15 | Public Swim (with 2 Lanes) |
| 14.15-15.15 | Disability Swim |
| 15.30-18.30 | Junior Swimming Lessons |
| 18.45-19.45 | Public Swim (with 2 Lanes) |
| 20.00-20.45 | Aqua Aerobics |

| Tuesday | |
|-------------|----------------------------|
| Time | Session |
| 07.00-08.00 | Public Swim (with 2 Lanes) |
| 08.15-09.15 | Adult Width Swim |
| 12.15-13.15 | Lane Swim |
| 15.30-19.00 | Junior Swimming Lessons |
| 19.30-20.30 | Public Swim (with 2 Lanes) |
| 20.40-21.40 | Lane Swim |

| Wednesday | |
|-------------|--------------------------------|
| Time | Session |
| 07.00-07.45 | Lane Swim |
| 08.00-09.00 | Public Swim (with 2 Lanes) |
| 09.15-09.45 | Adult & Child Swimming Lessons |
| 11.35-12.05 | Adult & Child Swimming Lessons |
| 12.15-13.15 | Public Swim (with 2 Lanes) |
| 14.45-15.30 | Adult Width Swim |
| 15.30-18.00 | Junior Swimming Lessons |
| 18.30-19.15 | Public Swim (with 2 Lanes) |
| 19.30-20.15 | Lane Swim |

| Thursday | |
|-------------|----------------------------|
| Time | Session |
| 07.00-07.45 | Lane Swim |
| 08.00-08.45 | Public Swim (with 2 Lanes) |
| 09.00-09.45 | Aqua Aerobics |
| 12.15-13.15 | Lane Swim |
| 14.45-15.30 | Adult Width Swim |
| 15.30-18.00 | Junior Swimming Lessons |
| 18.05-18.50 | Lane Swim |

Swimming Timetable
Monday 6th June – Sunday 24th July 2022

| Friday | |
|-------------|----------------------------|
| Time | Session |
| 07.00-07.45 | Lane Swim |
| 08.00-08.45 | Public Swim (with 2 Lanes) |
| 09.00-09.45 | Family Fun Swim |
| 12.15-13.15 | Public Swim (with 2 Lanes) |
| 15.30-18.00 | Junior Swimming Lessons |
| 18.15-19.00 | Lane Swim |

| Saturday | |
|-------------|-------------------------|
| Time | Session |
| 08.00-13.30 | Junior Swimming Lessons |
| 13.30-14.15 | Disability Swim |
| 14.30-15.30 | Public Swim |

| Sunday | |
|-------------|--|
| Time | Session |
| 08.00-09.00 | Lane Swim |
| 09.15-10.00 | Family Fun Swim |
| 12.15-13.15 | Public Swim (with 1 Lane) |
| 13.30-14.15 | Family Fun Swim |
| 14.30-15.30 | Junior Swimming Lessons – Stage 8 Comp |
| 17.00-18.00 | Lane Swim |