


# Term Time Main Pool Programme

(Please contact Reception for separate Holiday Timetable)

	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30
Monday	Dawn Breakers				Schools Swimming Programme								Lane Swimming	Schools Swimming Programme				Club Start	Swimming Club	General Swimming			Aqua Jog	Lane Swimming							
Tuesday	Dawn Breakers				Schools Swimming Programme								Aqua Fit	Schools Swimming Programme				Swimming Lessons	Swimming Club	General Swimming			Ladies Only								
	Lane Swimming												Club Start	Lane Swimming																	
Wednesday	Dawn Breakers				Schools Swimming Programme								Lane Swimming	Schools Swimming Programme				Kingsmill School	General Swimming						Lane Swimming						
	Lane Swimming												Adult Lessons																		
Thursday	Staff Training			Schools Swimming Programme								Lane Swimming	Schools Swimming Programme				Childrens Swimming Lessons	Swimming Club	General Swimming			Aqua Fit	Lane Swimming								
	Dawn Breakers				Lane Swimming														General Swimming												
Friday	Dawn Breakers				Schools Swimming Programme								Aqua Fit	Schools Swimming Programme				Stroke Aqua-jog	Aqua Natal	ERYDSA			Staff Training	Lane Swimming							
	Lane Swimming												General Swimming																		
Saturday	Childrens Swimming Lessons				Adult Swim	Inflatable Session 12.45 - 14.15				Party/Gala Hire 14.30 - 15.30		Swimming Club 16.00 - 18.30																			
Sunday	Lane Swimming				Childrens Swim Lessons				General Swimming		Family Swim		Fun Session 12.45 - 14.15	General Swimming 14.30 - 17.30				Lane Swimming													

 — See timetable for availability for general swim times

 — Pool closed