INDOOR POOL - Non Term Time Monday 8th July to Sunday 2nd September 9-10am Lane Swi 6-7am 7-8am Lane St 11am-12pn 4-5pm 6-7pm 7-8pm Lane 1 **Lane Swim** Lane 2 Lane Swim Lane Swim **Lane Swim** MON Lane 3 General Swim **General Swim** HIIT Aqua - 10.50an Lane Swim Hydro Rehab General Swim Lane Swim Lane 4 10-11am 6-7am 7-8am 8-9am 9-10am 11am-12pm 12-1pm 1-2pm 2-3pm 3-4pm 4-5pm 7-8pm 8-9pm Lane 1 Lane Swim Lane Swim Lane Swim Lane 2 Lane Swim Lane Swim **Lane Swim** TUES Lane 3 Hydro Rehab General Swim Lane 4 8-9am 9-10am 10-11am 12-1pm 1-2pm 2-3pm 3-4pm 5-6pm 8-9pm Lane 1 Adult Swim T. Lane 2 WED Lane Swim **General Swim** Aqua - 10.30am **General Swim** Lane Swim **General Swim Lane Swim** Lane 4 9-10am Lane Swim 4-5pm Lane Swim 6-7am 7-8am 10-11am 11am-12pm 12-1pm 1-2pm 2-3pm 5-6pm 6-7pm 8-9pm Lane 1 Lane 2 Lane 3 THUR Lane Swim Lane Swim Lane Swim Hydro Rehab **General Swim** Aqua 11am **General Swim** Lane Swim 11am-12pm 8-9am 9-10am 10-11am 12-1pm 1-2pm 2-3pm 3-4pm 4-5pm 5-6pm 7-8pm 8-9pm 6-7pm Lane 1 Lane 2 Lane 3 Æ Lane Swim Aqua 9am **General Swim** Lane Swim **General Swim General Swim** Lane Swim Lane 4 9-10am Lane Swim 2-3pm 10-11am 11am-12pm -Lane 1 Lane 2 SAT Lane Swim Down Aqua 8.45am Lane Swim Lane Swim **General Swim General Swim** 6-7am 7-8am 10-11am 11am-12pm 3-4pm 5-6pm 6-7pm 7-8pm ----Lane Sw Lane 1 Lane 2 Lane Swim SUN Up Down Lane 3 Lane Swim Lane Swim **General Swim General Swim**

^{***} Inflatable Session - Indoor Pool is closed for set up / take down from 1pm to 1.30pm & 2.30pm to 3pm

Outdoor Pool - Non Term Time Monday 8th July to Sunday 2nd September																
	Lane 1	6-7am	7-8am	8-9am	9-10am Lane Swim	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm Lane Swim *	4-5pm	5-6pm	6-7pm	7-8pm	
O	Lane 2				Lane Swim *											
Σ	Lane 3 Lane 4	Lane Swim					General Swim						Lane Swim			
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
	Lane 1				Lane Swim		•	Lane Swim *								
rues	Lane 2 Lane 3				Lane Swim			Lane Swim *								
₽	Lane 4		Lane Swim		Gen	eral Swim	**H.S 11am	General Swim							Lane Swim	
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
	Lane 1				Lane Swim						Lane Swim *					
WED	Lane 2				Lane Swim											
3	Lane 3 Lane 4	Lane S	wim	Hydro Circuit	General Swim									Lane Swim		
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
	Lane 1	Lane Swim			Adult Swim T.	Lane Swim *										
퓚	Lane 2	Lane Swim			Addit Swill 11	Adult Swim *										
푣	Lane 3 Lane 4	Lane Swim			General Swim										Lane Swim	
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	0.74	Lane Sv		3-100111	10 110111	110111111111111111111111111111111111111	II Ipiii	Lane Swim'		5 4pm	+ 3piii	э ории	0.79	7 op	0.55
Æ	Lane 2	Lane Swim			Lane Swim*											
	Lane 3		Lane S	wim	General Swim		Hydro Circuit 11.10am**	General Swim					Lane Swim			
		6.70	7.00	0.000	0.10	10.11	44.000 42.000	12.1	4.200	2.2000	2.4	45	F. C	6.7000		
	Lane 1	6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm Lane Swim*	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm		
-	Lane 2						Lane Swim*								1	
SAT	Lane 3 Lane 4	Lane Swim				General Swim Lane Swim										
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	1	
SUN	Lane 1	Lane Swim														
	Lane 2	Lane Swim											1			
	Lane 3 Lane 4		Lane Swim	H.S 8.10am		General Swim Lane Swim										

^{*} Lane Swim - In case of overcrowding this lane swim will turn into General swim

 $[\]ensuremath{^{**}}$ Hydro Spin - In case of overcrowding this class will be in the Indoor Pool