## INDOOR POOL - Term Time Monday 6th January to Sunday 16th February

		6-7am	7-8am	8-9am	9-10;	am	10-11am	11am-12pm	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
z	Lane 1		Adults Only				Lane	Swim	Adults Only	Lane Swim				Swim Lessons	;		Adult Swim Ts	Adults Only
	Lane 2		Adults Only		Adult Swim Ts		Lane Swim		Adults Only				Lane Swim					Adults Only
NOM	Lane 3					General Swim	HIIT Aqua - 10.50am	Adults Only	Hydro Rehab				General Swim					
	Lane 4	Adults Only									General S	wim		Swim Lessons		General Swim	Adults Only	
		6-7am	7-8am	8-9am	9-10a	am	10-11am	11am-12pm	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1				Lane Swim				Adults Only				Swim	Lessons			Lane Swim	Adults Only
nes	Lane 2		Adults Only		Lane Swim			Lane Swim	Adults Only					Lane Swim				Adults Only
F	Lane 3		Adults Only		G. Swim		Aqua 9.45am	General Swim	Adults Only	Hydro Rehab		General Swim		General Swim			General Swim	Adults Only
	Lane 4		, , , ,	S. Swill											Swim Lessons		Schercherstein	Addits Only
		6-7am	7-8am	8-9am	9-10a	am	10-11am	11am-12pm	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1		Adults Only				Lane		Adults Only	Beg Adult Swin				Swim Lessons				Adults Only
WED	Lane 2		Adults Only		Adult Sv	vim Ts	Lane	Lane Swim	Adults Only	Beg Adult Swim				Lane Swim			Adult Swim Ts	Adults Only
	Lane 3		Adults Only				Aqua 10.30	G. Swim	Adults Only		Conor	al Swim	General Swim			General Swim	Adults Only	
	Lane 4		Adults Only		General	Swim		G. Swiii	Adults Only	°		ar Swith		Swim Les	ions	General Swim	Adults Only	
		6-7am	7-8am	8-9am	9-10;		10-11am	11am-12pm	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	0-7am	Adults Only	8-5am	5-100		Lane Swim	11am-12pm	Adults Only	1-2011		2-spin		4-Spin	5-opin	0-7pm	Lane Swim	Adults Only
¥	Lane 2				Lane S	Swim		Adults Only				Lane Swim	2030113			Lane Swim	Adults Only	
THUR	Lane 3				Hydro Rehab			Agua 11am						General Swim				
-	Lane 4	Adults Only		Hydro Kenab		General Swim		Adults Only		Genera	General Swim		Swim Lessons			General Swim	Adults Only	
		6-7am	7-8am	8-9am	9-10;		10-11am	11am-12pm	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	0-7am	Adults Only	0-5am	5-100		Lane Swim	11011-12011	Adults Only	1-2011		Swim Le		4-5pm	5-opin	Staff Swim Lesson	Lane Swim	Adults Only
	Lane 2		Adults Only				Lane Swim		Adults Only					Lane Swim				Adults Only
FRI	Lane 3				Aqua	ia 9am									General S	wim		
	Lane 4		Adults Only				Genera	ll Swim	Adults Only	Ge		eneral Swim		Swim Lessons			General Swim	Adults Only
	Lane 4														54411 203			
		6-7am	7-8am	8-9am	9-10a	am	10-11am	11am-12pm	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	ľ
SAT	Lane 1		Adult	s Only			Swim	Lessons							ane Swim		Adults Only	
	Lane 2		Adults Only				Lane Swim			Closed Set Lin	nflatable	Closed Take		L	ane Swim		Adults Only	
	Lane 3		Adults Only Aqua 8.45am		a 8.45am	G		General Swim		Session *		** Down		General Swim			Adults Only	
	Lane 4																	l
		6-7am	7-8am	8-9am	9-10a	am	10-11am	11am-12pm	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	ľ
	Lane 1		Adult	s Only			Swim	Lessons							ane Swim		Adults Only	
SUN	Lane 2		Adult	s Only	Lane Swim					Closed Set Up	nflatable	Closed Take		L	ane Swim		Adults Only	
SL	Lane 3	Lane 3 Adults Only				General Swim			Set Set Op	Session *** Down			Ge	eneral Swim		Adults Only		

\*\*\* Inflatable Session - Indoor Pool is closed for set up / down from 1pm to 1.30pm & 2.30pm to 3pm \*\*\* Inflatable session only takes place on the first and third weekend of the month, remaining weekends - float session only

					Outo	loor Pool - T	erm Time M	londay 6th Janua	ry to Sunday 16	oth Februar	'Y				
		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			Adults Only			Lane Swim *	p		_ op	0 - ip.ii	. opini	5 opini	0 . p	, ohu
z	Lane 2			Adults Only	Lane Swim *										
NOM	Lane 3	-				Hydro Rehab		General Swim							
	Lane 4			Adults Only	General 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														
TUES	Lane 2	_		Adults Only		1	Lane Swim *								
1	Lane 3			Adults Only	General Swim	Hydro Rehab	Rehab **H.S 11am	General Swim							
	Lane 4														
		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			Adults Only											
WED	Lane 2			Adults Only											
>	Lane 3		Adults Only	Hydro Circuit 8am**	General Swim										
	Lane 4		Addies only	nyuro encure oum		General Swith									
		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			Adults Only				Lane Swim *							
THUR	Lane 2			Adults Only	Adult Swim Ts**	Lane Swim *									
귵	Lane 3			Adults Only			General Swim		Hydro Circuit 1pm**						
	Lane 4														
		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			Adults Only		•									
FRI	Lane 2 Lane 3			Adults Only											
-	Lane 3			Adults Only	General	Swim	Hydro Circuit 11am**	Hydro Rehab	General Swim						
		6-7am	7-8am							2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
	Lana 1	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	
Ŀ	Lane 1	6-7am		8-9am Adults Only			11am-12pm Lane Swim*			2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
SAT	Lane 1 Lane 2 Lane 3	6-7am		8-9am Adults Only Adults Only			11am-12pm Lane Swim* Lane Swim*			2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
SAT	Lane 2	6-7am		8-9am Adults Only			11am-12pm Lane Swim*			2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
SAT	Lane 2 Lane 3			8-9am Adults Only Adults Only Adults Only	9-10am	10-11am	11am-12pm Lane Swim* Lane Swim* General Swim	12-1pm	1-2pm				·		
SAT	Lane 2 Lane 3	6-7am 6-7am	7-8am	8-9am Adults Only Adults Only			11am-12pm Lane Swim* Lane Swim*			2-3pm 2-3pm	3-4pm 3-4pm	4-5pm 4-5pm	5-6pm 5-6pm	6-7pm 6-7pm	
	Lane 2 Lane 3 Lane 4		7-8am	8-9am Adults Only Adults Only Adults Only 8-9am	9-10am	10-11am	11am-12pm Lane Swim* Lane Swim* General Swim 11am-12pm	12-1pm	1-2pm				·		
SUN SAT	Lane 2 Lane 3 Lane 4 Lane 1		7-8am	8-9am Aduits Only Aduits Only Aduits Only 8-9am Aduits Only	9-10am	10-11am	11am-12pm Lane Swim* General Swim 11am-12pm Lane Swim*	12-1pm	1-2pm				·		

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

\*\* Hydro Spin - In case of overcrowding this class will be in the Indoor Pool