

# Main Pool Timetable

		30	45	7	15	30	45	8	15	30	45	9	15	30	45	10	15	30	45	11	15	30	45	12	15	30	45	1	15	30	45	2	15	30	45	3	15	30	45	4	15	30	45	5	15	30	45	6	15	30	45	7	15	30	45	8	15	30	45	9	15	30	45	10
MONDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE												LANE SWIM (6 lanes)																										
TUESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								L2S	CLUB USE											LANE SWIM (6 lanes)																										
WEDNESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								DSF	CLUB USE											LANE SWIM (6 lanes)																										
THURSDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE												LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																									
FRIDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE																																						
SATURDAY		L2S	LANE SWIM (2 lanes)																				CLUB USE																																									
SUNDAY		CLUB USE												LANE SWIM (2 lanes)												FUN SESSION	BOOKABLE/PUBLIC SESSION																																					

**Admission policy:**

Children under 8 years must be accompanied by an adult (16 years +) IN THE SAME WATER!  
Parent/Child Ratios: 1 Adult : 2 Children (under 5 years) / 1 Adult : 3 Children (5 - 7 years)

PUBLIC SWIMMING  CLOSED TO THE PUBLIC  BOOKABLE SESSIONS

# Training Pool Timetable

	8	15	30	45	9	15	30	45	10	15	30	45	11	15	30	45	12	15	30	45	1	15	30	45	2	15	30	45	3	15	30	45	4	15	30	45	5	15	30	45	6	15	30	45	7	15	30	45	8	15	30
MONDAY	SET UP				LEARN TO SWIM				AQUA-EROBICS				SET UP		ACTIVE HYDRO		CLEAR		SET UP		LEARN TO SWIM				CLEAR																										
TUESDAY	SET UP				LEARN TO SWIM				AQUA-EROBICS				SET UP		ACTIVE HYDRO		CLEAR		SET UP		LEARN TO SWIM		CLEAR		SET UP		HYDRO CYCLE		CLEAR																						
WEDNESDAY	SET UP				LEARN TO SWIM				AQUA-EROBICS				SET UP		ACTIVE HYDRO		CLEAR		SET UP		LEARN TO SWIM				CLEAR		SET UP		HYDRO CYCLE																						
THURSDAY	SET UP				LEARN TO SWIM				AQUA-EROBICS				SET UP		ACTIVE HYDRO		CLEAR		SET UP		LEARN TO SWIM		CLUB USE																												
FRIDAY	SET UP				HYDRO CYCLE		CLEAR		SET UP		AQUA-EROBICS		CLEAR		CLUB USE																																				
SATURDAY	SET UP				LEARN TO SWIM								CLEAR		CLUB USE																																				
SUNDAY	SET UP				HYDRO CYCLE		CLEAR		OCTO TOTS				FUN SESSION				CLUB USE																																		

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PUBLIC SWIMMING
  CLOSED TO THE PUBLIC
  BOOKABLE SESSIONS