

Swimming Timetable (Training Pool)

Monday

09:00 - 09:30	Aqua Jog
19:30 - 10:30	Aqua Fit
12:00 - 13:30	Learn to Swim
13:30 - 15:00	School Swimming
15:00 - 16:00	Just Swim
16:00 - 19:00	Learn to Swim
19:00 - 20:00	Aqua Fit

Tuesday

06:00 - 07:30	Fitness Lane Swimming
09:30 - 13:30	Learn to Swim
13:30 - 15:00	School Swimming
15:00 - 16:00	Just Swim Adult & Child
16:00 - 19:00	Learn to Swim
19:00 - 20:00	Just Swim
20:00 - 22:00	Adult Swimming Lessons

Wednesday

09:00 - 09:30	Aqua Jog
19:30 - 10:30	Aqua Fit
12:00 - 13:30	Learn to Swim
13:30 - 15:00	School Swimming
15:00 - 16:00	Just Swim
16:00 - 19:00	Learn to Swim
19:00 - 20:00	Aqua Fit

Thursday

06:00 - 07:30	Fitness Lane Swimming
09:30 - 13:30	Learn to Swim
13:30 - 15:00	School Swimming
15:00 - 16:00	Just Swim Adult & Child
16:00 - 19:00	Learn to Swim
19:00 - 20:00	Just Swim
20:00 - 22:00	Adult Swimming Lessons

Friday

09:00 - 10:00	Aqua Zumba
12:00 - 13:30	Learn to Swim
13:30 - 15:00	School Swimming
15:00 - 16:00	Just Swim
16:00 - 19:00	Learn to Swim
19:00 - 22:00	Fitness Lane Swimming

Saturday

08:00 - 12:00	Learn to Swim
12:00 - 17:00	Family Fun

Sunday

08:00 - 10:00	Family Fun
10:30 - 11:15	Aqua Fit
17:00 - 19:00	Just Swim