



HOLIDAY SWIMMING TIMETABLE

INDOOR POOL *

MONDAY

07.00 - 09.00	ADULTS SESSION
09.00 - 10.00	OPEN SESSION
10.00 - 11.00	FUN SESSION
11.45 - 12.30	POOL CLOSED - AQUA AEROBICS
11.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION

WEDNESDAY

007.00 - 09.00	ADULTS SESSION
09.00 - 10.00	OPEN SESSION
10.00 - 11.00	FUN SESSION
11.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION

FRIDAY

07.00 - 09.00	ADULTS SESSION
09.00 - 10.00	OPEN SESSION
10.00 - 11.00	FUN SESSION
11.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION

TUESDAY

07.00 - 09.00	ADULTS SESSION
09.00 - 10.00	OPEN SESSION
10.00 - 11.00	FUN SESSION
11.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION

THURSDAY

07.00 - 09.00	ADULTS SESSION
09.00 - 10.00	OPEN SESSION
10.00 - 11.00	FUN SESSION
11.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION

SATURDAY/SUNDAY

07.00 - 09.00	ADULTS SESSION
09.00 - 19.00	OPEN SESSION
15.00 - 16.00	FUN SESSION
19.00 - 20.00	ADULTS SESSION

*Swimming lessons take place Mon - Fri 9am - 12.30pm

OUTDOOR POOL

MONDAY

07.00 - 09.00	ADULTS SESSION (LANES OF 6)
09.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION (LANES OF 6)

WEDNESDAY

07.00 - 09.00	ADULTS SESSION (LANES OF 6)
09.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION (LANES OF 6)

FRIDAY

07.00 - 09.00	ADULTS SESSION (LANES OF 6)
09.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION (LANES OF 6)

TUESDAY

07.00 - 09.00	ADULTS SESSION (LANES OF 6)
09.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION (LANES OF 6)

THURSDAY

07.00 - 09.00	ADULTS SESSION (LANES OF 6)
09.00 - 19.30	OPEN SESSION
19.30 - 21.30	ADULTS SESSION (LANES OF 6)

SATURDAY/SUNDAY

07.00 - 09.00	ADULTS SESSION (LANES OF 6)
09.00 - 19.00	OPEN SESSION
19.00 - 20.00	ADULTS SESSION (LANES OF 6)