

## Training Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON				Lane Swim				Aqua Fit	Adult L2S	Lane Swim	School Swim	Lane Swim	Learn 2 Swim					Lane Swim	
TUES				Lane Swim			Adult & Child + Tots L2S	Aqua Fit	A&C L2S Swim-a-song	Lane Swim	School Swim		Learn 2 Swim					Lane Swim	
WED				Lane Swim			Ladies Only Swim	Aqua Mitt	Fun & Floats	Lane Swim	School Swim	Learn 2 Swim	Aqua Zumba	Aqua Fit	Swim Fit			Lane Swim	
THUR				Lane Swim	Aqua Zumba	Splash Swim	Adult and Child L2S Swim-a-song	Adult L2S	Lane Swim	School Swim		Learn 2 Swim							
FRI				Lane Swim	Adult and Child + Tots Learn 2 Swim		Lane Swim	Drop in Swim Clinic	Lane Swim		Learn 2 Swim						Lane Swim		
SAT				Learn 2 Swim			Learn 2 Swim			Lane swim									
SUN				Learn 2 Swim			Learn 2 Swim			Lane Swim	ASKA Swim Club	Lane Swim							

Monday 7th May 2018 - Lane Swim only 9.00am - 4.00pm



We're sorry but due to an ongoing technical issue in the pool hall, the **leisure pool** and **sauna/steam rooms** will remain closed until further notice. **Thanks for 'Bearing' with us!**

- Under 8's - Please refer to admissions policy
- Please note - pre-booking is advised for all fitness classes
- Session dividers in this timetable are not representative of the pool layout

Pool Closed  
 Flume Open  
**2hr Maximum Swim**