

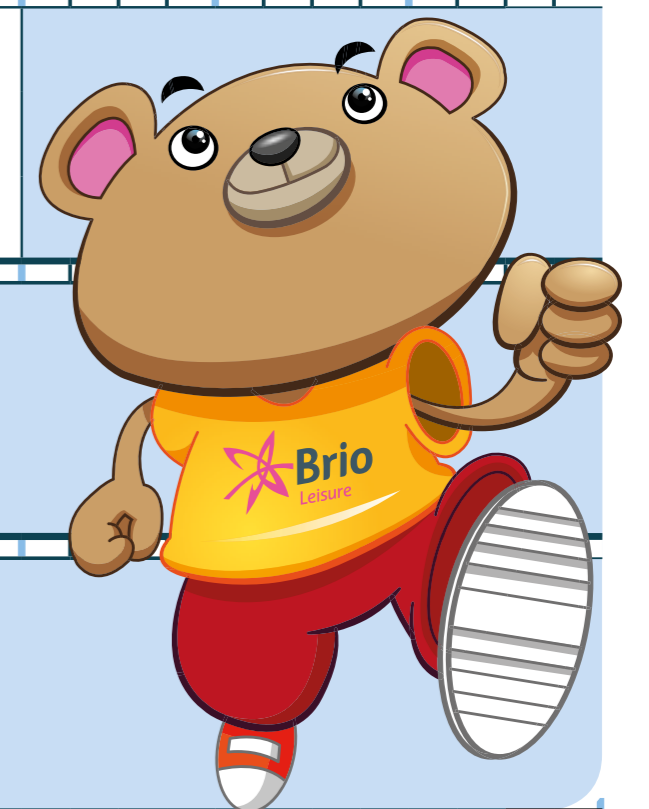
## Leisure Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON			Early Risers Lane Swim		Lane Swim							Training Lane	Casual Swim		Aqua Jog*	Canoe Lessons			
TUES			Early Risers Lane Swim		Lane Swim		L2S A&C + Tots	Swim-a-song				Training Lane	Casual Swim			L2S	Canoe Lessons		
WED			Early Risers Lane Swim		Lane Swim			Fun & Floats				Training Lane	Casual Swim				Lane Swim		
THUR			Early Risers Lane Swim		Lane Swim		L2S A&C + Tots	Swim-a-song				Training Lane	Casual Swim			L2S Syncro	L2S Syncro	Lane Swim	
FRI			Early Risers Lane Swim		Lane Swim							Training Lane	Casual Swim				Lane Swim		
SAT				Early Risers Lane Swim		L2S Adult & Child							Casual Swim	Pool available for Private Hire	Canoe Lessons				
SUN					Life Saving								Casual Swim	Pool available for Private Hire	Canoe Lessons				



## Training Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON								Aqua Fit	Learn 2 Swim Adult	School Swim			Learn 2 Swim Kids			Chester Terrapins Disabled Swim Club	Lane Swim		
TUES					School Swim			Aqua Fit		School Swim			Learn 2 Swim Kids			Learn 2 Swim Adult	Lane Swim		
WED						School Swim		Aqua Mitt		School Swim			Learn 2 Swim Kids		Aqua Fit	Swim Fit			
THUR						Aqua Zumba	Splash Swim		Learn 2 Swim Adult	School Swim			Learn 2 Swim Kids				Learn 2 Swim Adult		
FRI						Learn 2 Swim Adult & Child		Drop in Swim Clinic	School Swim				Learn 2 Swim Kids						
SAT													Learn 2 Swim Kids		Lane Swim				
SUN				Early Risers Lane Swim									Learn 2 Swim Kids		ASKA Swim Club				



- 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**