

## Leisure Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm		
MON			Lane Swim		Intro to Water Polo	U16s Free Swim	Casual Swim						Training Lane		Aqua Jog*	Canoe Lessons					
TUES			Lane Swim		Intro to Life saving		Casual Swim						Training Lane		L2S	Canoe Lessons					
WED			Lane Swim		Fun & Floats	Intro to Snorkelling	Casual Swim						Training Lane			Adult Only Lane Swim					
THUR			Lane Swim				Casual Swim						Training Lane		L2S Syncro	L2S Syncro	Adult Only Lane Swim				
FRI			Lane Swim		Fun & Floats	Intro to Synchro	U16s Free Swim	Casual Swim						Training Lane			Adult Only Lane Swim				
SAT				Lane Swim		L2S Adult & Child	Casual Swim						Pool available for hire	Canoe Lessons							
SUN					Life Saving Club		Casual Swim						Pool available for 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					Intro to Water Polo	Intro to Swim	Aqua Fit	Learn 2 Swim Adults	Lane Swim				Learn 2 Swim Kids			Chester Terrapins Disabled Swim Club	Lane Swim		
TUES					Intro to Life saving	Intro to Swim	Aqua Fit	Swin-a-Song	Lane Swim	Intro to Canoe			Learn 2 Swim Kids			Learn 2 Swim Adults	Lane Swim		
WED					Intro to Synchro	Intro to Swim	Aqua Mitt		Lane Swim			Learn 2 Swim Kids		Aqua Fit	Swim Fit				
THUR					Aqua Zumba	Splash Swim	Swin-a-Song	Learn 2 Swim Adults	Lane Swim	Intro to Canoe			Learn 2 Swim Kids				Learn 2 Swim Adults		
FRI								Drop in Swim Clinic	Lane Swim				Learn 2 Swim Kids						
SAT								Learn 2 Swim Kids					Lane Swim						
SUN				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**