

MONDAY	
6.30am - 10.00am Training Pool	Lane Swim*
10.00am - 11.00am Training Pool	Under 5's Fun & Floats
10.00am - 11.00am Training Pool	Lane Swim*
11.00am - 11.45am Training Pool	Aqua Fit
12.00pm - 12.45pm Training Pool	Adult Lessons
12.00pm - 12.45pm Training Pool	Lane Swim*
12.45pm - 1.30pm Training Pool	Lane Swim*
2.30pm - 4.15pm Training Pool	Lane Swim*
7.15pm - 8.30pm Training Pool	Chester Terrapins Disabled Swim
8.30pm - 9.30pm Training Pool	Lane Swim*

TUESDAY	
6.30am - 9.30am Training Pool	Lane Swim*
10.30am - 11.30am Training Pool	Aqua Fit
10.30am - 11.30am Training Pool	Adult & Child Lessons
11.30am - 12.00pm Training Pool	Swim-a-Song
12.00pm - 1.30pm Training Pool	Lane Swim*
2.30pm - 3.45pm Training Pool	Lane Swim*
8.15pm - 9.30pm Training Pool	Lane Swim*

WEDNESDAY	
6.30am - 10.30am Training Pool	Lane Swim*
10.30am - 11.30am Training Pool	Aqua Fit
11.30am - 12.30pm Training Pool	Under 5's Fun & Floats
11.30am - 12.30pm Training Pool	Lane Swim*
12.30pm - 1.30pm Training Pool	Lane Swim*
2.30pm - 3.45pm Training Pool	Lane Swim*
6.15pm - 7.15pm Training Pool	Aqua Fit
7.15pm - 9.30pm Training Pool	Lane Swim*

THURSDAY	
6.30am - 9.15am Training Pool	Lane Swim*
9.15am - 10.00am Training Pool	Aqua Zumba
10.00am - 10.30pm Training Pool	Adult & Child Lessons/Tots
10.30am - 11.30am Training Pool	Splash Swim
11.30am - 12.00pm Training Pool	Swim-a-Song
12.00pm - 12.45pm Training Pool	Adult Lessons
12.00pm - 12.45pm Training Pool	Lane Swim*
12.45pm - 1.30pm Training Pool	Lane Swim*
14.30pm - 3.45pm Training Pool	Lane Swim*
8.30pm - 9.15pm Training Pool	Adult Lessons
8.30pm - 9.15pm Training Pool	Lane Swim*
9.15pm - 9.30pm Training Pool	Lane Swim*

FRIDAY	
6.30am - 9.30am Training Pool	Lane Swim*
9.30am - 11.00am Training Pool	Adult & Child Lessons
9.30am - 11.00am Training Pool	Lane Swim*
11.00am - 12.00pm Training Pool	Lane Swim*
12.00pm-1.00pm Training Pool	Develop• Improve•Swim**
12.00pm - 1.30pm Training Pool	Lane Swim*
2.30pm - 3.45pm Training Pool	Lane Swim*
7.30pm - 9.30pm Training Pool	Lane Swim*

SATURDAY	
8.00am - 9.00am Training Pool	Lane Swim*
1.00pm - 2.00pm Training Pool	Lane Swim*
2.00pm - 4.00pm Training Pool	Casual Family Swim (under 11's)
4.00pm - 7.00pm Training Pool	Lane Swim*

SUNDAY	
8.00am - 10.00am Training Pool	Lane Swim*
2.00pm - 4.00pm Training Pool	Lane Swim*
6.00pm - 7.30pm Training Pool	Lane Swim*

Our Leisure Pool is closed for some TLC!
In the meantime enjoy swim sessions in our **Training Pool!**

POOL & FUEL & GRAB A BITE TO EAT AFTER YOUR CASUAL SWIM FOR JUST £1.50
T&Cs Apply