

MONDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 10.00am Main Pool	Fun & Floats Babies
10.00am - 11.00am Main Pool	Aqua Fit
11.00am - 11.45am Main Pool	Casual Swim
11.45am - 1.00pm Main Pool	Lane Swim
1.00pm - 2.00pm Main Pool	U16's Free Swim
2.00pm - 3.00pm Main Pool	Casual Swim
3.00pm - 4.00pm Main Pool	50+ Swim
4.00pm - 6.30pm Main Pool	Casual Swim



THURSDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 10.45am Main Pool	Casual Swim
10.45am - 11.45am Main Pool	Aqua Fit
11.45am - 1.00pm Main Pool	Lane Swim
1.15pm - 2.15pm Main Pool	Fun & Floats
2.30pm - 8.00pm Main Pool	Casual Swim
9.15pm - 10.00pm Main Pool	Adult Only Lane Swim
9.30pm - 10.00pm Main Pool	Last Minute Lanes <b>50% OFF!</b>

FRIDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 11.45am Main Pool	Casual Swim
11.45am - 1.00pm Main Pool	Lane Swim
1.00pm - 2.00pm Main Pool	U16's Free Swim
2.00pm - 3.00pm Main Pool	Aqua Fit
3.00pm - 4.00pm Main Pool	50+ Swim
4.00pm - 7.15pm Main Pool	Casual Swim

SATURDAY	
8.00am - 10.00am Main Pool	Lane Swim
11.00am - 11.45am Main Pool	Casual Swim
11.45am - 1.00pm Main Pool	Lane Swim
1.15pm - 2.15pm Main Pool	Fruity Floats Party
2.00pm - 3.30pm Main Pool	Casual Swim
3.45pm - 5.00pm Main Pool	Wet 'n' Wild

SUNDAY	
9.00am - 10.00am Main Pool	Lane Swim
10.00am - 11.45am Main Pool	Fun & Floats
11.45am - 1.00pm Main Pool	Lane Swim
1.00pm - 2.30pm Main Pool	Casual Swim

Learn2Swim	
Sunday	2.30pm - 5.00pm

Neston Swim Club	
Friday	7.30pm - 10.00pm
Sunday	8.00am - 9.00am

Wirral Sub-Aqua Club	
Thursday	8.15pm - 9.15pm

