

# swimming

## TERM TIME TIMETABLE

<b>MON</b>	7:30am - 10.00am 10.00am - 11.30am 11.30am - 2.00pm 12.30pm - 2.30pm 4.00pm - 6.00pm 6.00pm - 7.00pm 7.00pm - 9.00pm	Early Riser 50+ General Swim Pre-School Lessons (Learner Pool) General Swim Staff Training Ladies Only
<b>TUES</b>	10.00am - 11.00am 11.00am - 12.00noon 12.00noon - 1.00pm 1.00pm - 2.00pm 2.00pm - 5.30pm 5.30pm - 6.30pm 6.30pm - 7.30pm 7.30pm - 9.00pm	General Swim Parent & Toddler Disabled Swim Schools General Swim Junior Aquazone Lane Lessons Adult Lane Swim Arragons Cumbrian Triathlon Club - Juniors
<b>WED</b>	7.30am - 9.30am 9.30am - 12noon 12.00noon - 1.30pm 1.30pm - 3.30pm 4.00pm - 5.00pm 5.00pm - 6.30pm 6.30pm - 7.30pm 7.30pm - 9.00pm	Early Riser Schools General Swim Schools Junior Aquazone General Swim Adult Aqua Fit (16+) General Swim
<b>THUR</b>	9.30am - 10.30am 10.30am - 11.00am 11.00am - 12noon 12.00noon - 1.30pm 1.30pm - 3.00pm 3.00pm - 4.00pm 4.00pm - 5.00pm 5.00pm - 6.30pm 6.30pm - 8.45pm	Schools Adult Aquazone Schools General Swim Schools 50+ Junior Aquazone General Swim Appleby Swim Club
<b>FRI</b>	7.30am - 10.00am 10.00am - 11.00am 11.00am - 1.30pm 1.30pm - 3.00pm 3.00pm - 4.00pm 4.00pm - 5.00pm 5.00pm - 7.00pm 7.00pm - 9.00pm	Early Riser Schools General Swim Schools Disabled Swim Junior Aquazone General Swim Adult Lanes
<b>SAT</b>	10.00am - 11.30am 11.30am - 1.15pm 1.30pm - 5.30pm 6.00pm - 7.00pm	Junior Aquazone Fun Session General Swim Private Hire/Pool Parties
<b>SUN</b>	10.00am - 11.00am 11.00am - 12.00noon 12.00noon - 5.00pm 5.00pm - 6.00pm	Adult Lanes Parent & Toddler General Swim Appleby Swim Club

## HOLIDAY TIMETABLE

<b>MON</b>	7.30am - 9.00am 9.00am - 10.00am 10.00am - 11.30am 11.30am - 7.00pm 7.00pm - 9.00pm	Early Riser Aquazone Crash Course 50+ General Swim Ladies Only
<b>TUES</b>	9.00am - 10.00am 10.00am - 11.30am 12.00noon - 1.00pm 1.30pm - 4.15pm 5.00pm - 6.00pm 6.30pm - 7.30pm 7.30pm - 9.00pm	Aquazone Crash Course General Swim Disabled Swim Fun Session Staff Training Adult Lane Swim Arragons Cumbrian Triathlon Club - Juniors
<b>WED</b>	7.30am - 9.00am 9.00am - 10.00am 10.00am - 9.00pm	Early Riser Aquazone Crash Course General Swim
<b>THUR</b>	9.00am - 10.00am 10.00am - 3.00pm 3.00pm - 4.00pm 4.00pm - 6.30pm 7.00pm - 9.00pm	Aquazone Crash Course General Swim 50+ General Swim Private Hire/ Pool Parties
<b>FRI</b>	7.30am - 9.00am 9.00am - 10.00am 10.00am - 1.00pm 1.00pm - 3.00pm 3.00pm - 4.00pm 4.00pm - 7.00pm 7.00pm - 9.00pm	Early Riser Aquazone Crash Course General Swim Family Fun Session Disabled Swim General Swim Adult Lane Swim
<b>SAT</b>	10.00am - 11.00am 11.30am - 1.15pm 1.30pm - 5.30pm 6.00pm - 7.00pm	Aquazone Crash Course Fun Session General Swim Private Hire/Pool Parties
<b>SUN</b>	10.00am - 11.00am 11.00am - 12.00noon 12.00noon - 5.00pm	Adult Lanes Parent & Toddler General Swim

**Arragons Cumbrian Triathlon Club**  
 Tuesday Evenings 7.30pm - 9.00pm Age 8 - 18yrs  
 For more information please contact Lucy Donnelly on:  
 07962422220 OR [lucy@duftondonnelys.mail1.co.uk](mailto:lucy@duftondonnelys.mail1.co.uk)

