

Swimming

TERM TIME TIMETABLE

MON	7:30am - 10.00am 10.00am - 11.30am 11.30am - 2.00pm 1.00pm - 2.00pm 4.00pm - 6.00pm 6.00pm - 7.00pm 7.00pm - 9.00pm	Early Riser 50+ General Swim Pre-School Lessons General Swim Staff Training Ladies Only
TUES	10.00am - 11.00am 11.00am - 12.00pm 12.00pm - 1.00pm 2.00pm - 5.30pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00pm - 9.00pm	General Swim Parent & Toddler Disabled Swim General Swim Adult Lane Aqua Fit Private Hire
WED	12.00pm - 1.30pm 1.30pm - 3.30pm 4.00pm - 5.00pm 5.00pm - 9.00pm	General Swim Schools Junior Aquazone General Swim
THUR	10.30am - 11.00am 12.00pm - 1.30pm 1.30pm - 3.00pm 3.00pm - 4.00pm 4.00pm - 5.00pm 5.00pm - 6.30pm 6.30pm - 9.00pm	Adult Aquazone General Swim Schools 50+ Junior Aquazone General Swim Appleby Swim Club
FRI	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
SAT	10.00am - 11.00am 11.30am - 1.15pm 1.30pm - 5.30pm 6.00pm - 7.00pm	Junior Aquazone Fun Session General Swim Private Hire
SUN	10.00am - 11.00am 11.00am - 12.00pm 12.00pm - 5.00pm 5.00pm - 6.00pm	Adult Lanes Parent & Toddler General Swim Appleby Swim Club

HOLIDAY TIMETABLE

MON	7.30am - 9.30am 9.30am - 10.00am 10.00am - 11.30am 11.30am - 7.00pm 7.00pm - 9.00pm	Early Riser Crash Course 50+ General Swim Ladies Only
TUES	9.30am - 10.00am 10.00am - 11.30am 12.00pm - 1.00pm 1.30pm - 4.15pm 5.00pm - 6.00pm 6.00pm - 7.00pm 7.00pm - 8.00pm 8.00pm - 9.00pm	Crash Course General Swim Disabled Swim Fun Session Staff Training Adult Lanes Aqua Fit Available for Hire
WED	9.30am - 10.00am 10.00am - 9.00pm	Crash Course General Swim
THUR	9.30am - 10.00am 10.00am - 3.00pm 3.00pm - 4.00pm 4.00pm - 6.30pm 6.30pm - 9.00pm	Crash Course General Swim 50+ General Swim Appleby Swim Club
FRI	7.30am - 9.30am 9.30am - 10.00am 10.00am - 1.00pm 1.00pm - 3.00pm 3.00pm - 4.00pm 4.00pm - 7.00pm 7.00pm - 9.00pm	Early Riser Crash Course General Swim Family Fun Session Disabled Swim General Swim Adult Lane
SAT	10.30am - 11.00am 11.30am - 1.15pm 1.30pm - 5.30pm 6.00pm - 7.00pm	Crash Course Fun Session General Swim Available for Hire
SUN	10.00am - 11.00am 11.00am - 12.00pm 12.00pm - 5.00pm 5.00pm - 6.00pm	Adult Lanes Parent & Toddler General Swim Appleby Swim Club