

# swimming

## MAIN POOL TIMETABLE term time

<b>MON</b>	6.15 - 9.00am	Early Birds	<b>THU</b>	6.15 - 9.00am	Early Birds
	9.00 - 11.55am	Schools		9.00 - 11.55am	Schools
	12.00 - 1.45pm	Adult Lanes		12.00 - 1.45pm	Adult Lanes
	1.45 - 4.00pm	Schools		1.45 - 3.15pm	Schools
	4.00 - 8.00pm	Public Swim		3.15 - 4.00pm	Evergreens
	8.00 - 8.55pm	Staff Training/ Adult Lanes		4.00 - 5.00pm	Junior Lessons
	9.00 - 10.00pm	Ladies Night		5.00 - 6.30pm	Public Swim
				6.30 - 9.00pm	Banbury Swim Club
				9.00 - 10.00pm	Sub Aqua
<b>TUE</b>	6.15 - 9.00am	Early Birds	<b>FRI</b>	6.15 - 9.00am	Early Birds
	9.00 - 11.55am	Schools		9.00 - 12.00pm	Schools
	12.00 - 1.45pm	Adult Lanes		12.00 - 1.45pm	Adult Lanes
	1.45 - 4.00pm	Public Swim		1.45 - 3.30pm	Schools
	4.00 - 5.00pm	Junior Lessons		3.30 - 9.00pm	Public Swim
	5.00 - 9.00pm	Public Swim		9.00 - 10.00pm	Adult Lanes
	9.00 - 10.00pm	Adult Lanes			
<b>WED</b>	6.15 - 9.00am	Early Birds	<b>SAT</b>	7.00 - 8.00am	Early Birds
	9.00 - 11.55am	Schools		8.00 - 9.00am	Early Birds & Swim Club
	12.00 - 1.45pm	Adult Lanes		9.00 - 10.00am	Junior Lessons
	1.45 - 4.00pm	Schools		10.00 - 2.00pm	Public Swim
	4.00 - 5.00pm	Public Swim		2.00 - 4.00pm	Swim & Splash
	5.00 - 7.00pm	Junior Lesson		4.00 - 7.30pm	Public Swim
	7.00 - 8.30pm	Youth Groups		7.30 - 9.00pm	Water Polo
	8.30 - 10.00pm	Adult Lanes	<b>SUN</b>	7.00 - 8.00am	Early Birds
				8.00 - 9.00am	Banbury Swim Club
				9.00 - 2.00pm	Public Swim
				2.00 - 4.00pm	Swim & Splash
				4.00 - 8.00pm	Public Swim
				8.00 - 10.00pm	Adult Lanes

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## 20M TRAINER POOL TIMETABLE with moveable floor

<b>MON</b>	9.15 - 11.55am	Schools	<b>THU</b>	9.15 - 11.55am	Schools
	12.00 - 1.45pm	Public Swim		12.00 - 1.30pm	P/T Lessons
	1.45 - 4.00pm	Schools		1.30 - 3.15pm	Schools
	4.00 - 7.50pm	Public Swim		3.15 - 4.00pm	Evergreens
	8.00 - 8.55pm	Aqua Fit		4.00 - 6.00pm	Junior Lessons
	9.00 - 10.00pm	Ladies Night		6.00 - 7.00pm	Public Swim / Adult Beginners Lessons*
<b>TUE</b>	9.15 - 11.55am	Schools		7.00 - 8.00pm	Adult Improvers Lessons*
	12.00 - 12.20pm	Public Swim		8.10 - 10.00pm	Public Swim
	12.30 - 2.00pm	P/T Lessons	<b>FRI</b>	9.15 - 11.55am	Schools
	2.00 - 4.00pm	Public Swim		12.00 - 1.00pm	P/T Lessons
	4.00 - 6.00pm	Junior Lessons		1.10 - 1.45pm	Public Swim
	6.10 - 10.00pm	Public Swim		1.45 - 3.30pm	Schools
<b>WED</b>	9.15 - 11.55am	Schools		3.30 - 10.00pm	Public Swim
	12.00 - 1.00pm	Adult Lessons	<b>SAT</b>	7.00 - 8.00am	Public Swim
	1.00 - 1.45pm	Public Swim		8.00 - 10.00am	Junior Lessons
	1.45 - 4.00pm	Schools		10.00 - 2.00pm	Public Swim
	4.00 - 5.00pm	Public Swim		2.00 - 4.00pm	Swim & Splash
	5.00 - 7.00pm	Junior Lessons		4.00 - 9.00pm	Public Swim
	7.00 - 8.00pm	Aqua Fit	<b>SUN</b>	7.00 - 2.00am	Public Swim
	8.10 - 10.00pm	Public Swim		2.00 - 4.00am	Swim & Splash
				4.00 - 6.50pm	Public Swim
				7.00 - 8.00pm	Aqua Fit
				8.10 - 10.00pm	Public Swim