

MAIN POOL

MONDAY

Lane Swimming	07:30-08:25
Lane Swimming	08:30-09:25
School Swimming	09:30-12:00
Lane Swimming	12:00-12:55
School Swimming	13:00-14:00
Lane Swimming	14:00-14:55
Aquafit	14:00-14:55
Lane Swimming	15:00-15:45
Swimming Lessons	16:00-17:55
Lane Swimming	18:00-18:55
Lane Swimming	19:00-19:55
Lane Swimming	20:00-20:55
Aquafit	20:00-20:55
Lane Swimming	21:00-21:55

THURSDAY

Lane Swimming	07:30-08:25
Lane Swimming	08:30-09:25
School Swimming	09:30-12:00
Lane Swimming	12:00-12:55
Lane Swimming	13:00-13:55
Lane Swimming	14:00-14:55
Adult Lessons	14:00-14:55
Lane Swimming	15:00-15:45
Swimming Lessons	16:00-17:55
Lane Swimming	17:00-17:55
Lane Swimming	18:00-18:55
Lane Swimming	20:00-20:55

TUESDAY

Lane Swimming	07:30-08:25
Lane Swimming	08:30-09:25
School Swimming	09:30-12:00
Lane Swimming	12:00-12:55
Lane Swimming	13:00-13:55
Lane Swimming	14:00-14:55
Lane Swimming	15:00-15:45
Swimming Lessons	16:00-17:55
SASC & Water Polo	18:00-21:55

FRIDAY

Lane Swimming	07:30-08:25
Lane Swimming	08:30-09:25
School Swimming	09:30-12:00
Lane Swimming	12:00-12:55
Lane Swimming	13:00-13:55
Lane Swimming	14:00-14:55
Lane Swimming	15:00-15:45
Swimming Lessons	16:00-17:55
Lane Swimming	17:00-17:55
Lane Swimming	18:00-18:55
Lane Swimming	19:00-19:55
Lane Swimming	20:00-20:55
Spalding Sub Aqua	21:00-21:55

WEDNESDAY

Lane Swimming	07:30-08:25
Lane Swimming	08:30-09:25
School Swimming	09:30-12:00
Lane Swimming	12:00-12:55
Lane Swimming	13:00-13:55
Lane Swimming	14:00-14:55
Aquafit	14:00-14:55
Lane Swimming	15:00-15:45
Swimming Lessons	16:00-17:55
Lane Swimming	18:00-18:55
Lane Swimming	19:00-19:55
Lane Swimming	20:00-20:55
Aquafit	20:00-20:55
Lane Swimming	21:00-21:55

SATURDAY

Swimming Lessons	09:00-12:15
Family Swim	12:45-14:15
Lane Swimming	14:30-15:25
Lane Swimming	15:30-16:25

SUNDAY

Lane Swimming	07:30-08:25
Lane Swimming	08:30-09:25
Family Swim	09:45-11:15
Family Swim	11:30-13:00
Family Swim	13:15-14:45
Lane Swimming	15:00-15:55
Lane Swimming	16:00-16:55

LEARNER POOL

MONDAY

Family Swim	14:00-15:00
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THURSDAY

Family Swim	14:00-15:00
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TUESDAY

Family Swim	14:30-15:30
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FRIDAY

Family Swim	14:00-15:00
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WEDNESDAY

Family Swim	14:30-15:30
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SATURDAY

Family Swim	12:45-14:15
Pool Parties	14:30-15:30

SUNDAY

Family Swim	11:30-13:00
Family Swim	13:15-14:45