

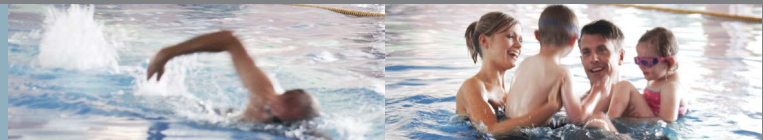
# POOL PROGRAMME - MAY TO AUGUST 2014

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6.30 am	Adults Only 6.30 - 10.00	Adults Only 6.30 - 10.00	Adults Only 6.30 - 10.00	Adults Only 6.30 - 10.00	Adults Only 6.30 - 10.00	Opens 7.30	
7.00 am						Adults Only 7.30 - 9.00	Adults Only 7.30 - 9.00
7.30 am							
8.00 am							
8.30 am							
9.00 am	Swim School Lessons 10.00 - 11.00	Aqua Fit 11.00 - 11.45		Aqua Fit 11.15 - 12.00	Aqua Fit 10.30 - 11.15	Swim School Lessons 10.00 - 14.00	Family Splash 11.00 - 12.00
10.00 am							
10.30 am							
11.00 am							
11.30 am							
12.00 pm	Swim School Lessons 16.00 - 18.30				Swim School Lessons 12.30 - 14.30	Swim School Lessons 16.00 - 18.30	
12.30 pm							
1.00 pm							
1.30 pm							
2.00 pm							
2.30 pm	Family Splash 14.30 - 15.30						
3.00 pm							
3.30 pm							
4.00 pm							
4.30 pm							
5.00 pm	Aqua Fit 18.30 - 19.15	Adults Only 19.00 - 22.00	Adults Only 19.00 - 22.00	Adults Only 19.00 - 22.00	Adults Only 19.00 - 22.00	Adults Only 19.00 - 20.30	Adults Only 19.00 - 20.30
5.30 pm							
6.00 pm							
6.30 pm							
7.00 pm							
7.30 pm	Adults Only 19.00 - 22.00	Adults Only 19.00 - 22.00	Adults Only 19.00 - 22.00	Adults Only 19.00 - 22.00	Adults Only 19.00 - 22.00	Adults Only 19.00 - 20.30	Adults Only 19.00 - 20.30
8.00 pm							
8.30 pm							
9.00 pm							
9.30 pm							

**Aqua Fit** - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints.

#### HEALTH CLUB OPENING TIMES:

6.30am - 10.00pm Weekdays  
7.30am - 8.30pm Weekends



Notes: Family Splash Sessions are the supervised times on poolside, where floats are available for use. The floats will only be available during supervised splash times. The pool is supervised Saturday 14.30-15.30 and Sundays 11.00-12.00. During tuition times there may be some restrictions on certain pool areas.