

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00-09:00		08:45 - 09:15 Flex & Stretch Class		08:45 - 09:15 Active For Life	08:00 - 08:30 Bums and Tums		
09:00-10:00		09:30 - 10:00 AQUA		09:30 - 10:00 AQUA	08:45 - 09:15 Flex & Stretch Class		
10:00-11:00	Children's Swimming Allocated time	Children's Swimming Allocated time			09:30 - 10:00 AQUA	Children's Swimming Allocated time	Children's Swimming Allocated time
11:00-12:00		AQUATIC PHYSIO 1 Pool lane being used			10:00 - 12:00 Children's Swimming Allocated time		
12:00-13:00	13:00 - 13:30 Flex & Stretch Class	12:00 - 12:30 Active For Life		12:00 - 12:30 Flex & Stretch Class	12:00 - 12:30 Active for Life		
13:00-14:00	13:45 - 14:15 AQUA	12:45 - 13:15 AQUA	14:30 - 15:00 Active For Life	12:45 - 13:15 AQUA		14:00 - 18:00 Children's Swimming Allocated time	14:00 - 18:00 Children's Swimming Allocated time
15:00-16:00	Children's Swimming Allocated time	Children's Swimming Allocated time  Swimming Lessons	15:00 - 18:00 Children's Swimming Allocated time Swimming Lessons	Children's Swimming Allocated time	Children's Swimming Allocated time	15:00 - 18:00 	14:00 - 16:00 
16:00-17:00			17:30 - 18:00 Flex & Stretch Class				
17:00-18:00							
18:00-19:00			18:15 - 19:00 AQUA				

**Private Swimming Lessons available:**

**Monday – Friday - 9am – 12pm & 2pm – 7pm Saturday, Sunday & Bank Holidays – 10am – 12pm & 2pm – 6pm**

**Personal Training Available**