



# Swimming timetable

## Opening Times

<b>Monday</b>	<b>07:00 - 10:00</b>	<b>12:00 - 14:00</b>	<b>17:00-19:00</b>
<b>Tuesday</b>	<b>07:00 - 10:00</b>	<b>12:00 - 14:00</b>	<b>17:00-19:00</b>
<b>Wednesday</b>	<b>07:00 - 12:00</b>		<b>17:00-19:00</b>
<b>Thursday</b>	<b>07:00 - 10:00</b>	<b>12:00 - 14:00</b>	<b>17:00-19:00</b>
<b>Friday</b>	<b>07:00 - 10:00</b>	<b>12:00 - 14:00</b>	<b>17:00-19:00</b>
<b>Saturday</b>	<b>07:00 - 09:00</b>	<b>15:00 - 17:00</b>	
<b>Sunday</b>	<b>07:00 - 09:00</b>	<b>15:00 - 17:00</b>	

## Extra Sessions

<b>Wednesday</b>	<b>Thursday</b>
<b>Aqua Jog</b>	<b>Women's Swim</b>
<b>12:15 - 13:00</b>	<b>10:00 - 11:00</b>