

# Monday 5th September - Sunday 23rd October, 2016

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm				
Monday	SwimFit	Young at Heart	Aqua Fit	Young at Heart		Adult Lanes	Pool Maintenance	SWIMMING LESSONS			Public Swim	Adult Lanes	Swim Clinic	C l o s e d  a t  1 0 : 0 0 P M						
Tuesday	SwimFit		Aqua Fit	Public Swim		Adult Lanes	Parent & Toddler Swim Pre - School Lessons	Adult Lesson	SWIMMING LESSONS			Public Swim	Ladies Only							
Wednesday	SwimFit	Pool Hoover		Public Swim		Adult Lanes	Staff Training	MVC Enrichment	SWIMMING LESSONS			Aqua Fit	Adult Lessons							
Thursday	SwimFit	Young at Heart	Aqua Fit	Young at Heart		Adult Lanes	Parent & Toddler Swim Pre - School Lessons		SWIMMING LESSONS			Public Swim	Staff Training & Duathlon					Adult Lanes		
Friday	SwimFit	Private Lessons	Aqua Fit	Parent & Toddler Swim Pre - School Lessons		Adult Lanes	*MVC Sept Dec	MVC Enrichment	SWIMMING LESSONS	Mc-Splash Swimming Club										
Saturday		Adult Lessons	SWIMMING LESSONS				Private Lesson	Public Swim												
Sunday		Private Hire Tri Club	Adult Lanes	Public Swim	*Family Swim	*Family Swim	Pool Parties/Hire	Public Swim												

\* Due to popularity the family swim session is operated as two separate 45 minute sessions (10.00 - 10.45 / 11.00 - 11.45)\*

**Please contact pool reception for pool hire details**

**\*FREE PARKING\* \*FACILITIES FOR THE DISABLED AVAILABLE INCL. POOL HOIST FOR ACCESS\***

The management reserves the right to alter the programme when necessary

**Please note last admission will be 30 minutes before the end of the session**