

# Thursday 4th January - Friday 9th February, 2018

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0
Monday	SwimFit	Young at Heart	Aqua Fit	Young at Heart		Adult Lanes	MVC		SWIMMING LESSONS	Public Swim	Adult Lanes	Swim Clinic				
Tuesday	SwimFit	MVC	Aqua Fit 09.35 - 10.35		MVC	Adult Lanes	Parent & Toddler Swim Pre - School Lessons	Adult Lessons	SWIMMING LESSONS	Public Swim	Ladies Only Swim					
Wednesday	SwimFit		MVC		Pool Vacuum	Adult Lanes	MVC		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	Foxton PS P & T Swim Lesson		SWIMMING LESSONS	Mc-Splash Swimming Club						
Saturday		Adult Lessons	SWIMMING LESSONS				Private Lesson	Public Swim								
Sunday		Adult Lanes	Public Swim	*Family Swim	*Family Swim	Pool Parties/Hire	Public Swim									
	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0
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Closed at 10.00PM

\* 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**

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