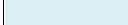


SWIMMING POOL TIMETABLE

	06.30 - 08.30	08.30-12.00			12.00-14.00	14.00-17.30		17.30-19.00	19.00-21.00	
Monday					Lunchtime Swim St Georges (13.15-14.15). 1 lane			Adult Members		
Tuesday		08.30-09.00	09.00-12.00 St Georges		Lunchtime Swim			Adult Members	Swimming Lessons	20.30-21.00
Wednesday		08.30-10.15	10.15-11.00 Aquafit	11.00-12.00	Lunchtime Swim			Adult Members	Survive & Save	20.00-21.00
Thursday		08.30-12.00			Lunchtime Swim			Adult Members	19.00-21.00	
Friday		08.30-12.00			Lunchtime Swim	14.00-15.15	15.15-17.15 Swim Lessons	17.00-18.30 Adult Members	18.30-21.00	
Saturday	08.00-10.30		10.30-12.30 Swimming Lessons		12.30-17.00			17.00-19.00 Adult Members		
Sunday	08.00 - 11.00 Lane Swimming		11.00-12.30 Family Swim Session		12.30-16.00		16.00-17.00 Private Hire	17.00-20.00		

 **Members Swimming**

Access to all Full Members Only (Juniors and Adults).

 **Members Swimming**

Access to all Members (Juniors, Adults and Senior Citizens)

 **Lunchtime Swim**

Access to all members (Juniors, Adults and Senior Citizens). Juniors must be accompanied in the pool hall by a Full Adult Member.

 **Adult Members**

Access to Full Adult Members Only (over 18's only). Junior and Senior Citizen Members must be out of the pool 15 minutes before the start of Adult Swim session.

 **Lane Swimming**

Lane swimming only (No rings or trapeze permitted at this time). Juniors must be accompanied by an adult and participating in lane swimming.

 **Private Hire**

Pool hall available for hire to members every Sunday. During private hire the poolside will be closed to all members.

 **Swimming Lessons**

Adult swim lessons on a Tuesday evening must be booked in advance through the Members Area on website.

Junior members in lessons on a Friday must leave the pool immediately after the lesson at 17.15. No other junior members are allowed past 17.00.

 **St. Georges**

* 1.5 lanes used by St. Georges.


**Have full access to the pool hall. Sauna, steam room and hot tub cannot be used during this time.

 **Aquafit**

Will have full pool access during the class. The sauna, steam room and hot tub will still be available.

 **Family Swim Session**

No lane swimming is allowed. Members must be accompanied by a Junior member.

 **Exiting the Building**

All Members are requested to have left the building by 21.15 weekdays and 20.15 weekends