



SUMMER 2023 | JULY 22 - SEPTEMBER 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING LANES 7 - 8.30 ^{AM}		MORNING LANES 7 - 8.30 ^{AM}		MORNING LANES 7 - 8.30 ^{AM}	MORNING LANES 9 - 11 ^{AM}	MORNING LANES 9 - 11 ^{AM}
GENERAL SWIM 10 - 12 ^{PM}		GENTLE LANES 10.30 - 12 ^{PM}		GENERAL SWIM 10 - 12 ^{PM}		
LUNCH LANES 12.30 - 1.30 ^{PM}	LUNCH LANES 12.30 - 1.30 ^{PM}	AQUAFIT 12 - 1 ^{PM}	LUNCH LANES 12.30 - 1.30 ^{PM}	LUNCH LANES 12.30 - 1.30 ^{PM}		
GENERAL SWIM 2 - 4 ^{PM}	GENERAL SWIM 2 - 4 ^{PM}	GENERAL SWIM 2 - 4 ^{PM}	GENERAL SWIM 2 - 4 ^{PM}	GENERAL SWIM 2 - 4 ^{PM}	GENERAL SWIM 2 - 4 ^{PM}	GENERAL SWIM 2 - 4 ^{PM}
GENERAL SWIM 4 - 6 ^{PM}	GENERAL SWIM 4 - 6 ^{PM}	GENERAL SWIM 4 - 6 ^{PM}	GENERAL SWIM 4 - 6 ^{PM}	GENERAL SWIM 4 - 6 ^{PM}	GENERAL SWIM 4 - 6 ^{PM}	GENERAL SWIM 4 - 6 ^{PM}
EVENING LANES 6.30 - 8 ^{PM}	EVENING LANES 6.30 - 8 ^{PM}	EVENING LANES 6.30 - 8 ^{PM}	EVENING LANES 6.30 - 8 ^{PM}			

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Sessions subject to demand and may be cancelled if not well attended or due to bad weather.