



<u>Day</u>	<u>Diving End of Main Pool</u>	<u>Fun Pool End of Main Pool</u>	<u>Main 25m Pool 1.8m depth</u>	<u>20m Pool 1m depth accessible stairs &amp; hoist</u>
<b><u>Monday</u></b>	10:30-12:00 Leisure swim for older adults 1.4m depth Dementia Friendly session	19:00-19:30 Adult Swimming Lessons for Beginners 19:30-20:00 Adult Swimming Lessons for Improvers		12:00-13:00 Leisure swim for individuals with disabilities and additional needs, takes place in a warmer pool, ideal for rehabilitation.
	12:00-13:00 Good Boost Session 1.2m depth	08:00-09:00 SEN 1:1 swimming Lessons		
<b><u>Tuesday</u></b>	12:00-13:00 Aqua for Pregnant Ladies 1.2m depth	19:00-20:00 Teen Swimming Lessons.		12:00-13:00 Leisure swim for individuals with disabilities and additional needs, takes place in a warmer pool, ideal for rehabilitation.
<b><u>Wednesday</u></b>	14:30-15:30 Leisure swim for older adults 1.4m depth Dementia Friendly session 1.4m depth			12:00-13:00 Leisure swim for individuals with disabilities and additional needs, takes place in a warmer pool, ideal for rehabilitation.
				14:00-15:00 Good Boost Session
<b><u>Thursday</u></b>	20:00-21:00 Adult Diving Lessons 4m depth	19:00-19:30 Adult Improver Swimming Lessons 19:30-20:00 Adult Swimming Lessons for Beginners		12:00-13:00 Leisure swim for individuals with disabilities and additional needs, takes place in a warmer pool, ideal for rehabilitation.
<b><u>Friday</u></b>		08:00-09:00 SEN 1:1 swimming Lessons		12:00-13:00 Leisure swim for individuals with disabilities and additional needs, takes place in a warmer pool, ideal for rehabilitation.
				14:00-15:00 Good Boost Session
<b><u>Saturday</u></b>		08:00-08:30 Adult Swimming Lessons for Beginners	08:00-08:30 Adult Improver Swimming Lessons	X1 SEN Session every month 17:30-18:45- out of hours Leisure Swim sessions available 14:00-17:00
<b><u>Sunday</u></b>				Leisure Swim sessions available 12:00-17:00