

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY				
	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25m Pool	Diving End	Fun Pool End	25m Pool	Diving End		
6.30 - 7.00							50m Leisure Swim 6.30-7.30			Club Swimming				Club Swimming			Club Swim					6.30 - 7.00	
7.00 - 7.30	Club Swimming 6.00-7.30				25m Lane Swim 7.00 - 8.30		50m Lane Swim 7.30-8.30			50m Lane Swim 7.00 - 8.30				25m Lane Swim 6.30-7.30			Club Swim						7.00 - 7.30
7.30 - 8.00	50m Lane Swim 7.00 - 8.30				25m Lane Swim 7.00 - 8.30	Shallow Water Workout 7.45	50m Lane Swim 7.30-8.30			50m Lane Swim 7.00 - 8.30				25m Lane Swim 7.30-8.30		Shallow Workout 7.45							7.30 - 8.00
8.00 - 8.30	50m Lane Swim 7.00 - 8.30				25m Lane Swim 7.00 - 8.30	Shallow Water Workout 7.45	50m Lane Swim 7.30-8.30			50m Lane Swim 7.00 - 8.30				25m Lane Swim 7.30-8.30		Shallow Workout 7.45							8.00 - 8.30
8.30 - 9.00	Floor Change			Floor Change			Floor Change			Floor Change			Floor Change			Floor Change			Floor Change				
9.00 - 9.30	Family Float	Leisure/Lane Swim	Shallow Water Workout 9.15	Leisure Swim	Leisure/Lane Swim	Family Float	Family Float	Leisure/Lane Swim	Deep Water Workout 9.15	Family Float	Leisure/Lane Swim	Shallow Water Workout 9.00	Leisure Swim	Leisure/Lane Swim	Family Float			Lessons	Lessons	Lessons	Lessons	8.30 - 9.00	
9.30 - 10.00	Family Float	Leisure/Lane Swim	Shallow Water Workout 9.15	Leisure Swim	Leisure/Lane Swim	Family Float	Family Float	Leisure/Lane Swim	Deep Water Workout 9.15	Family Float	Leisure/Lane Swim	Shallow Water Workout 9.00	Leisure Swim	Leisure/Lane Swim	Family Float			Lessons	Lessons	Lessons	Lessons	9.00 - 9.30	
10.00 - 10.30												Shallow Water Workout 10.00						Lessons	lane swim only	Diving Lessons		9.30 - 10.00	
10.30 - 11.00																			Lessons	Lessons	Lessons	Lessons	10.00 - 10.30
11.00 - 11.30	Leisure Swim	Leisure/Lane Swim	Swim for Older Adults 1.4m	Leisure Swim	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim		Leisure Swim	Leisure/Lane Swim	Leisure Swim				Lessons	Lessons	Lessons	Lessons	10.30 - 11.00
11.30 - 12.00	Leisure Swim	Leisure/Lane Swim	Swim for Older Adults 1.4m	Leisure Swim	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim		Leisure Swim	Leisure/Lane Swim	Leisure Swim								11.00 - 11.30
12.00 - 12.30			Good Boost			Aqua Natar																	11.30 - 12.00
12.30 - 13.00																							12.00 - 12.30
12.30 - 13.00																							12.30 - 13.00
13.00 - 13.30																							13.00 - 13.30
13.30 - 14.00	Leisure Swim	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim	Shallow Water Workout 13.30		Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim	Leisure Swim								13.30 - 14.00
14.00 - 14.30																							14.00 - 14.30
14.30 - 15.00																						14.30 - 15.00	
15.00 - 15.30																						15.00 - 15.30	
15.30 - 16.00		Leisure/Lane Swim	Public Diving 3-3.55		Leisure/Lane Swim	Public Diving 3-3.55		Leisure/Lane Swim	Public Diving 3-3.55		Leisure/Lane Swim	Public Diving 3-3.55		Leisure/Lane Swim	Public Diving 3-3.55							15.30 - 16.00	
16.00 - 16.30																						16.00 - 16.30	
16.30 - 17.00																						16.30 - 17.00	
17.00 - 17.30	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Lessons	Lessons	Lessons	Lessons	Lessons	17.00 - 17.30	
17.30 - 18.00	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Lessons	Lessons	Lessons	Lessons	Lessons	17.30 - 18.00	
18.00 - 18.30																						18.00 - 18.30	
18.30 - 19.00																						18.30 - 19.00	
19.00 - 19.30		Leisure/Lane Swim	Shallow Water Workout 19.15	Leisure Swim	Leisure/Lane Swim	Deep Water Workout 19.15		Leisure Swim	Lessons	Leisure Swim	Leisure/Lane Swim		Floor Change						Facility closes to the general public at 5pm			19.00 - 19.30	
19.30 - 20.00	Leisure Swim	Leisure/Lane Swim	Shallow Water Workout 19.15	Leisure Swim	Leisure/Lane Swim	Deep Water Workout 19.15		Leisure Swim	Shallow Water Workout 19.30	Leisure Swim	Leisure/Lane Swim		Floor Change						Facility closes to the general public at 5pm			19.30 - 20.00	
20.00 - 20.30	Leisure Swim Adults	Lane Swim Adults	Club Swim	Public Diving	Leisure Swim Adult	Club Swim	Public Diving	Leisure Swim	NPLQ Training	Leisure Swim Adult	Lane Swim Adult	Club Swim	Diving Lessons	50m Adult Lane Swim	50m Club Swim			Facility closes to the general public at 5pm			20.00 - 20.30		
20.30 - 21.00	Leisure Swim Adults	Lane Swim Adults	Club Swim	Public Diving	Leisure Swim Adult	Club Swim	Public Diving	Leisure Swim	NPLQ Training	Leisure Swim Adult	Lane Swim Adult	Club Swim	Diving Lessons	50m Adult Lane Swim	50m Club Swim			Facility closes to the general public at 5pm			20.30 - 21.00		
21.00 - 21.30																		Facility closes to the general public at 5pm			21.00 - 21.30		
21.30 - 22.00	Covers	Covers	Sub Aqua Club	Covers	Covers			Floor Change/Pool Covers						Floor change/Pool covers								21.30 - 22.00	

October Half Term Programme 28th October - 1st November 2024.