

# MAKE A SPLASH THIS SPRING!



It's our Spring swim timetable - here's what's on and when. Any questions, just ask at reception.



	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:30 am - 7 am	General swim	General swim	General Swim	General swim	General swim		
7 am - 8 am			Hydro 7.30-8.30 2 lanes			General swim	General swim
8 am - 9 am	General swim		General swim	General swim	General swim	Swim lessons 9.00-12.00	Aqua 10.00-10.45 2 lanes
9 am - 10 am	Training Pool Lessons 10.00-11.00	Aqua 10.30-11.30 3 lanes	Aqua 10.15-11.00 3 lanes	Aqua 10.00-10.45 3 lanes	General swim Training Pool Lessons 10.00-11.00		Swim lessons 10.00-
10 am - 11 am	Aqua 11.00 -				Aqua 10.00-10.45 3 lanes		
11 am - 12 noon	General swim	General swim	General swim	General swim	Aqua 11.00-11.45	Senior Squad 12.00-1.00 2 lanes	General swim
12 noon - 1 pm	Aqua 1.00-1.45 3 lanes		Aqua 1.00-1.45 3 lanes		General swim		
1 pm - 2 pm					Hydro 1.00-2.00 2 lanes		
2 pm - 3 pm					General swim	General swim	
3 pm - 4 pm	General swim		General swim	General swim	Swim lessons 4.00-6.00 1 lane		
4 pm - 5 pm	Swim lessons 4.00-6.30 1 lane		Swim lessons 4.00-6.00 1 lane	Swim lessons 4.30-6.00 1 lane	Senior Squad		
5 pm - 6 pm	Senior Squad 6.30-7.30 2 lanes	General swim	Senior Squad 6.00-7.00 2 lanes	Junior Squad	General swim		
6 pm - 7 pm	Hydro 7.30-8.30 3 lanes		General swim	General swim			
7 pm - 8 pm	General swim						
8 pm - 9 pm							
9 pm - 10 pm							

Private lessons run concurrently with general swim at any time. Speak to Swim Manager for more