

# 1LEISURE MEDINA POOL PROGRAMME

## Main pool

	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
Monday		Lane swim 6.15 to 8AM	Casual swim* 8 to 9AM	Aqua-cise 9.15 to 10AM		School swim 11.15AM to 12PM	Lane swim 12 to 12.45PM		School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM	Lane swim 5.30 to 6.15PM	Seaclose 6.15 to 8.15PM		Swim for fitness 8.15 to 9.15PM	
Tuesday	Seaclose 6.15 to 7.15AM	Lane swim 7.15 to 8AM	Casual swim* 8 to 9AM	Aqua-cise 9.15 to 10AM		Adult lessons 11.15 to 11.45AM	Lane swim 12 to 12.45PM		School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM	Lane swim 5.30 to 6.15PM	Casual swim 6.30 to 7.15PM	Aqua-cise 7.30 to 8.15PM	Lane swim 8.30 to 9.15PM	
Wednesday		Lane swim 6.15 to 8AM	Casual swim* 8 to 9AM	Aqua-cise 9.15 to 10AM		School swim 11.15AM to 12PM	Lane swim 12 to 12.45PM		School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM	Lane swim 5.30 to 6.15PM	Seaclose 6.15 to 8.15PM		Private hire 8.15 to 9.15PM	
Thursday	Seaclose 6.15 to 7.15AM	Lane swim 7.15 to 8AM	Casual swim* 8 to 9AM	Aqua-cise 9.15 to 10AM		School swim 11.15AM to 12PM	Lane swim 12 to 12.45PM		School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM	Lane swim 5.30 to 6.15PM	Casual swim 6.30 to 7.15PM	Aqua-cise 7.30 to 8.15PM	Staff training 8.30 to 9.15PM	
Friday		Lane swim 6.15 to 8AM	Casual swim* 8 to 9AM	Aqua-cise 9.15 to 10AM		School swim 11.15AM to 12PM	Lane swim 12 to 12.45PM		School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM	Lane swim 5.30 to 6.15PM	Seaclose 6.15 to 8.15PM		Lane swim 8.15 to 9.15PM	
Saturday		Seaclose 6 to 9.30AM				Swimming lessons 9.30AM to 1PM			Casual swim 1.15 to 3PM (two lanes 2.15 to 3PM)		Parties 3.15 to 4.15PM					
Sunday			Tri group 8 to 9AM			Casual swim 9AM to 12.30PM			Casual swim 1 to 4PM (two lanes 3.15 to 4PM)							

\*Two lanes

## Small pool

	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
Monday						Aqua babes 10.30 to 11.15AM	Aqua babes 11.15AM to 12PM	Casual swim 12 to 12.45PM	School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM					
Tuesday						Aqua babes 10.30 to 11.15AM		Casual swim 12 to 12.45PM	School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM	Casual swim 5.30 to 6.15PM				
Wednesday								Casual swim 12 to 12.45PM	School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM					
Thursday						Aqua babes 10.30 to 11.15AM	Aqua babes 11.15AM to 12PM	Casual swim 12 to 12.45PM	School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM	Casual swim 5.30 to 6.15PM				
Friday								Casual swim 12 to 12.45PM	School swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM					
Saturday								Swimming lessons 8AM to 1PM	Casual swim 1.15 to 3PM		Swim parties 3.15 to 4.15PM					
Sunday								Casual swim 9AM to 12.30PM	Casual swim 1 to 4PM							