

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	Casual swim 10.15 to 11.45AM	Lane swim 12 to 12.45PM		Casual 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	Casual swim 10.15 to 11.45AM	Lane swim 12 to 12.45PM		Casual 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	Casual swim 10.15 to 11.45AM	Lane swim 12 to 12.45PM		Casual 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	Casual swim 10.15 to 11.45AM	Lane swim 12 to 12.45PM		Casual 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	Casual swim 10.15 to 11.45AM	Lane swim 12 to 12.45PM		Casual 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

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Small pool

	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
Monday						Casual swim 10.15 to 11.45AM			Casual swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM					
Tuesday						Casual swim 10.15 to 11.45AM			Casual swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM		Casual swim 5.30 to 6.15PM			
Wednesday						Casual swim 10.15 to 11.45AM			Casual swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM					
Thursday						Casual swim 10.15 to 11.45AM			Casual swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM		Casual swim 5.30 to 6.15PM			
Friday						Casual swim 10.15 to 11.45AM			Casual swim 1 to 3PM		Swimming lessons 3.45 to 5.15PM					
Saturday			Seaclose 6 to 9.30AM		Swimming lessons 9.30AM to 1PM					Casual swim 1.15 to 3PM		Swim parties 3.15 to 4.15PM				
Sunday			Tri group 8 to 9AM		Casual swim 9AM to 12.30PM				Casual swim 1 to 4PM							