MAIN POOL HEIGHTS SWIM TIMETABLE

leisure

MONDAY		TUESDAY		WEDNESDAY	
			·		
6.00 to 7.30am	Lane swim	6.00 to 7.30am	Lane swim	6.00 to 7.30am	Lane swim
7.30 to 9.00am	Casual swim	7.30 to 8.30am	Marlins	7.30 to 9.00am	Casual swim
9.00 to 9.55am	Lane swim	9.00 to 9.45am	Aquacise	9.00 to 9.55am	Lane swim
10.00 to 10.50am	Casual swim	10.00 to 10.50am	Casual swim	10.00 to 10.50am	Casual swim
11.00 to 11.45am	Aquacise	11.00 to 11.45am	Aquacise	11.00 to 11.45am	Aquacise
11.50am to 1.00pm	Lane swim	11.50am to 1.00pm	Lane swim	11.50am to 1.00pm	Lane swim
1.20 to 2.30pm	School swim	1.20 to 2.30pm	School swim	1.20 to 2.30pm	School swim
2.45 to 3.55pm	Casual swim	2.45 to 3.55pm	Casual swim	2.45 to 3.55pm	Casual swim
4.00 to 5.30pm	Swimming lessons	4.00 to 5.30pm	Swimming lessons	4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Lane swim	5.35 to 6.25pm	Lane swim	5.35 to 6.25pm	Lane swim
6.30 to 7.15pm	Aqua/Deep	6.30 to 7.30pm	Casual swim	6.30 to 7.15pm	Aqua/Deep
7.30 to 9.00pm	Casual swim	8.00 to 9.00pm	Lane swim	7.30 to 9.00pm	Casual swim
THURSDAY		FRIDAY		SATURDAY	
		FRIDAY		SATURDAY	
6.00 to 7.30am	Lane swim		Lane swim	SATURDAY 8.30 to 11.30am	Swimming lessons
	Lane swim Marlins	6.00 to 7.30am	Lane swim Casual swim		Swimming lessons Casual swim
6.00 to 7.30am		6.00 to 7.30am 7.30 to 9.00am	Casual swim	8.30 to 11.30am	_
6.00 to 7.30am 7.30 to 8.30am	Marlins	6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am	Casual swim Lane swim	8.30 to 11.30am 11.30am to 1.00pm	Casual swim
6.00 to 7.30am 7.30 to 8.30am 9.00 to 9.45am	Marlins Aquacise	6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am 10.00 to 10.50am	Casual swim Lane swim Casual swim	8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm	Casual swim Fun session
6.00 to 7.30am 7.30 to 8.30am 9.00 to 9.45am 10.00 to 10.50am	Marlins Aquacise Casual swim	6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am 10.00 to 10.50am 11.00 to 11.45am	Casual swim Lane swim Casual swim Aquacise	 8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm 3.00 to 3.45pm 4.00 to 4.45pm 	Casual swim Fun session Swim parties
6.00 to 7.30am 7.30 to 8.30am 9.00 to 9.45am 10.00 to 10.50am 11.00 to 11.45am	Marlins Aquacise Casual swim Aquacise	6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm	Casual swim Lane swim Casual swim Aquacise Lane swim	8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm 3.00 to 3.45pm	Casual swim Fun session Swim parties
6.00 to 7.30am 7.30 to 8.30am 9.00 to 9.45am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm	Marlins Aquacise Casual swim Aquacise Lane swim	6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am 10.00 to 10.50am 11.00 to 11.45am	Casual swim Lane swim Casual swim Aquacise	 8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm 3.00 to 3.45pm 4.00 to 4.45pm 	Casual swim Fun session Swim parties
 6.00 to 7.30am 7.30 to 8.30am 9.00 to 9.45am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm 1.20 to 2.30pm 	Marlins Aquacise Casual swim Aquacise Lane swim School swim	6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm	Casual swim Lane swim Casual swim Aquacise Lane swim	8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm 3.00 to 3.45pm 4.00 to 4.45pm SUNDAY	Casual swim Fun session Swim parties Accessible swim club
 6.00 to 7.30am 7.30 to 8.30am 9.00 to 9.45am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm 1.20 to 2.30pm 2.45 to 3.55pm 	Marlins Aquacise Casual swim Aquacise Lane swim School swim Casual swim	 6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm 1.20 to 2.30pm 	Casual swim Lane swim Casual swim Aquacise Lane swim School swim	8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm 3.00 to 3.45pm 4.00 to 4.45pm SUNDAY 8.00 to 8.55am	Casual swim Fun session Swim parties Accessible swim club Lane swim
 6.00 to 7.30am 7.30 to 8.30am 9.00 to 9.45am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm 1.20 to 2.30pm 2.45 to 3.55pm 4.00 to 5.30pm 	Marlins Aquacise Casual swim Aquacise Lane swim School swim Casual swim Swimming lessons	 6.00 to 7.30am 7.30 to 9.00am 9.00 to 9.55am 10.00 to 10.50am 11.00 to 11.45am 11.50am to 1.00pm 1.20 to 2.30pm 2.45 to 5.30pm 	Casual swim Lane swim Casual swim Aquacise Lane swim School swim Casual swim	8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm 3.00 to 3.45pm 4.00 to 4.45pm SUNDAY 8.00 to 8.55am 9.00 to 11.00am	Casual swim Fun session Swim parties Accessible swim club Lane swim Casual swim

SMALL POOL HEIGHTS SWIM TIMETABLE

MONDAY		TUESDAY		WEDNESDAY	
9.00 to 9.55am	Casual swim	10.00 to 11.00am	Aqua babes	9.00 to 9.55am	Casual swim
10.00 to 10.45am	Aquacise	11.50am to 1.00pm	Casual swim	10.00 to 10.45am	Aquacise
11.50am to 1.00pm	Casual swim		School swim	11.50am to 1.00pm	Casual swim
1.20 to 2.30pm	School swim	1.20 to 2.30pm		1.20 to 2.30pm	School swim
4.00 to 5.30pm	Swimming lessons	4.00 to 5.30pm	Swimming lessons	4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Casual swim	5.35 to 6.25pm	Casual swim	5.35 to 6.25pm	Casual swim
THURSDAY		FRIDAY		SATURDAY	
10.00 to 11.00am	Aqua babes	9.00 to 9.55am	Casual swim	8.30 to 11.30am	Swimming lessons
		9.00 to 9.55am 10.00 to 10.45am	Casual swim Aquacise		Swimming lessons Casual swim
11.50am to 1.00pm	Casual swim			8.30 to 11.30am	-
		10.00 to 10.45am	Aquacise	8.30 to 11.30am 11.30am to 1.00pm	Casual swim
11.50am to 1.00pm	Casual swim	10.00 to 10.45am 11.50am to 1.00pm	Aquacise Casual swim	8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm	Casual swim Fun session
11.50am to 1.00pm 1.20 to 2.30pm	Casual swim School swim	10.00 to 10.45am 11.50am to 1.00pm 1.20 to 2.30pm	Aquacise Casual swim School swim	8.30 to 11.30am 11.30am to 1.00pm 1.10 to 2.55pm 3.00 to 3.45pm	Casual swim Fun session Swim parties

Isle of Wight Council

11.10am to 12.30pm

12.45 to 2.15pm

2.30 to 4.00pm

Fun session

Fun session

Casual swim