MAIN POOL MEDINA HOLIDAY SWIM TIMETABLE



MONDAY	
6.00 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30 to 11.30am	Fun session
11.45am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons
5.20 to 6.10pm	Lane swim
6.15 to 8.15pm	Seaclose
8.15 to 9.15pm	Swim for fitness
THURSDAY	
6.15 to 7.15am	Seaclose
7.15 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30 to 11.30am	Fun session
11.45am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons
5.20 to 6.25pm	Lane swim
6.30 to 7.15pm	Casual swim*
7.30 to 8.15pm	Aquacise
8.30 to 9.15pm	Staff training

TUESDAY	
6.15 to 7.15am	Seaclose
7.15 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30 to 11.30am	Fun session
11.45am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons
5.20 to 6.25pm	Lane swim
6.30 to 7.15pm	Casual swim*
7.30 to 8.15pm	Aquacise
8.30 to 9.15pm	Lane swim
FRIDAY	
6.00 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30 to 11.30am	Fun session
11.45am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons
5.20 to 6.10pm	Lane swim
6.15 to 8.15pm	Seaclose
8.15 to 9.15pm	Casual swim

	WEDNESDAY	
	6.00 to 8.15am	Lane swim
	8.15 to 9.00am	Casual swim*
	9.15 to 10.00am	Aquacise
	10.30 to 11.30am	Fun session
	11.45am to 1.00pm	Lane swim
	1.05 to 2.20pm	Fun session
	2.25 to 3.35pm	Fun session
	3.45 to 5.15pm	Swimming lessons
	5.20 to 6.10pm	Lane swim
	6.15 to 8.15pm	Seaclose
	8.15 to 9.15pm	Casual swim
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١	SATURDAY	
	6.45 to 9.30am	Seaclose
	6.45 to 9.30am 9.30am to 1.00pm	Seaclose Swimming lessons
	9.30am to 1.00pm	Swimming lessons
	9.30am to 1.00pm 1.05 to 2.05pm	Swimming lessons Fun session
	9.30am to 1.00pm 1.05 to 2.05pm 2.05 to 3.00pm	Swimming lessons Fun session Casual swim*
	9.30am to 1.00pm 1.05 to 2.05pm 2.05 to 3.00pm 3.00 to 4.00pm	Swimming lessons Fun session Casual swim*
	9.30am to 1.00pm 1.05 to 2.05pm 2.05 to 3.00pm 3.00 to 4.00pm	Swimming lessons Fun session Casual swim* Swim parties
	9.30am to 1.00pm 1.05 to 2.05pm 2.05 to 3.00pm 3.00 to 4.00pm SUNDAY 9.00 to 10.00am	Swimming lessons Fun session Casual swim* Swim parties Casual swim*
	9.30am to 1.00pm 1.05 to 2.05pm 2.05 to 3.00pm 3.00 to 4.00pm SUNDAY 9.00 to 10.00am 10.00 to 11.45am	Swimming lessons Fun session Casual swim* Swim parties Casual swim* Fun session

*Two lanes in session

WEDNESDAY

10.30 to 11.30am

11.45am to 1.00pm

SMALL POOL

MONDAY

MEDINA HOLIDAY SWIM TIMETABLE

Fun session

Casual swim

TUESDAY

10.30 to 11.30am

11.45am to 1.00pm

10.30 to 11.30am	Fun session
11.45am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons
5.20 to 6.10pm	Casual swim
THURSDAY	
8.00 to 8.45am	Aqua shallow
10.30 to 11.30am	Fun session
11.45am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons
5.20 to 6.25pm	Casual swim

2.25 to 3.35pm	run session
3.45 to 5.15pm	Swimming lessons
5.20 to 6.25pm	Casual swim
FRIDAY	
10.30 to 11.30am	Fun session
11.45am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons
3.45 to 5.15pm	Swimming lessons

1.05 to 2.20pm	Fun session	1.05 to 2.20pm	Fun session
2.25 to 3.35pm	Fun session	2.25 to 3.35pm	Fun session
3.45 to 5.15pm	Swimming lessons	3.45 to 5.15pm	Swimming lessons
5.20 to 6.25pm	Casual swim	5.20 to 6.10pm	Casual swim
FRIDAY		SATURDAY	
10.30 to 11.30am	Fun session	8.30am to 1.00pm	Swimming lessons
11.45am to 1.00pm	Casual swim	1.05 to 2.05pm	Fun session
1.05 to 2.20pm	Fun session	2.05 to 3.00pm	Casual swim
2.25 to 3.35pm	Fun session	3.00 to 4.00pm	Swim parties
3.45 to 5.15pm	Swimming lessons	SUNDAY	
5.20 to 6.10pm	Casual swim		
		9.00 to 10.00am	Casual swim
		10.00 to 11.45am	Fun session
		11.45am to 12.45pm	Casual swim
		1.00 to 3.00pm	Fun session



3.00 to 4.00pm	Swim parties
SUNDAY	
9.00 to 10.00am	Casual swim
10.00 to 11.45am	Fun session
11.45am to 12.45pm	Casual swim
1.00 to 3.00pm	Fun session
3.00 to 4.00pm	Casual swim

Fun session

Casual swim