

## 8<sup>th</sup> June – 27<sup>th</sup> July 2026

<b>Mon</b>	07:00 – 10:30	Early Risers Lane Swimming
	11:00 - 13:30	Public Session (lessons sharing pool)
	14:00 – 15:45	Public Session
	18:00 – 21:00	Public Session (lessons sharing pool)
<b>Tue</b>	07:00 – 09:00	Early Risers Lane Swimming
	11:00 - 13:30	Public Session
	14:00 – 15:45	Public Session
<b>Wed</b>	15:00 – 16:00	Public Session
	18:15 – 19:00	Aquafit
	19:15 – 21:00	Public
<b>Thu</b>	07:00 – 08:30	Early Risers Lane Swimming
	08:30 – 09:30	AquaBlitz
	12:00 – 15:30	Public Session (lessons sharing pool)
	18:00 – 21:00	Except first two Thursdays each month – No Public Session
<b>Fri</b>	06:00 – 11:00	Early Risers Lane Swimming
	12:00 – 15:30	Lane Swimming
<b>Sat</b>	08:30 – 10:00	Public Session (lessons sharing pool)
	12:15 – 13:15	Inclusive Swim (last Saturday each month)
	13:15 – 14:15	Fun Session
	14:30 – 16:30	Public Session
<b>Sun</b>	08:30 – 11:00	Public Session
	11:00 – 12:30	Family Session