

Updated: March 24

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	
MONDAY	6	LANE SWIMMING				MEDICAL ADVICE SWIM		AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS			SWIMMING CLUB (SEVERNSIDE TRITONS)		LANE SWIMMING (55 mins)	
	5					MEDICAL ADVICE SWIM		SWIMSTARS LESSONS				SWIMSTARS SWIMMING LESSONS					SWIM TO FITNESS	
TUESDAY	6	LANE SWIMMING					LANE SWIMMING (55 mins)		SCHOOLS	LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS		SWIMSTARS	SWIMMING CLUB (SEVERNSIDE TRITONS)		LANE SWIMMING (55 mins)		
	5						FAMILY SWIM				SWIMSTARS SWIMMING LESSONS		LANE SWIMMING (55 mins)					
WEDNESDAY	6	LANE SWIMMING					AQUAFIT		LANE SWIMMING (55 mins)	SCHOOLS	LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS		SWIMSTARS	SWIMMING CLUB (SEVERNSIDE TRITONS)		FIN CLUB	
	5						SWIMSTARS				SWIMSTARS SWIMMING LESSONS		LANE SWIMMING (55 mins)					
THURSDAY	6	LANE SWIMMING				ADULT SWIMMING LESSONS		LANE SWIMMING (55 mins)	SCHOOLS	LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS		SWIMMING CLUB (SEVERNSIDE TRITONS)		LANE SWIMMING (55 mins)	SCUBA CLUB		
	5					LANE SWIM (55 mins)		LANE SWIM (55 mins)			SWIMSTARS LESSONS						SCUBA	
FRIDAY	6	LANE SWIMMING					AQUAFIT		LANE SWIMMING (55 mins)	SCHOOLS	LANE SWIMMING		SWIMMING CLUB (SEVERNSIDE TRITONS)					
	5						60+ Swim		SWIMSTARS		FAMILY SWIM (50 mins)		FAMILY SWIM (50 mins)	LANE SWIM (55 mins)	LANE SWIM (55 mins)			
SATURDAY	6				SWIMSTARS SWIMMING LESSONS			LANE SWIMMING (55 mins)	FAMILY SWIM (50 mins)	FAMILY SWIM (50 mins)	PARTY HIRE	LANE SWIMMING (55 mins)						
	5				SWIMSTARS SWIMMING LESSONS			FAMILY SWIM		FAMILY SWIM	PARTY HIRE							
SUNDAY	6				SWIMSTARS SWIMMING LESSONS		FAMILY SWIM (50 mins)	FAMILY SWIM (50 mins)	PARTY HIRE	FAMILY SWIM (50 mins)	LANE SWIMMING (55 mins)	SWIMMING CLUB (SEVERNSIDE TRITONS)						
	5				SWIMSTARS SWIMMING LESSONS		FAMILY SWIM	FAMILY SWIM	PARTY HIRE	FAMILY SWIM								

KEY **S** = SMALL **P** = POOL

LANES: Sessions run for 55 minutes (as stated above) or longer. Longer lane sessions also offer flexible arrival times, with last check-in 50-minutes before the session ends.

SESSIONS **CASUAL SWIM** **MEDICAL OR DISABILITY SWIM** **SCHOOLS** **CLUBS** **SWIMSTARS** **SWIMMING LESSONS** **PARTIES**