

# Timetable

**Monday 28 October – Sunday 3 November 2024**

## Public Lane Swimming- 50m Pool

**Price £5.80**

Day	Morning	Afternoon
Monday	1200-1400	-
Tuesday	1200-1400	-
Wednesday	1200-1400	-
Thursday	1200-1400	-
Friday	1200-1400	-
Saturday	-	1400 - 1600
Sunday	1000 – 1200	-

## Fun Session (with floats, etc)

**Price £5.80 per person or £18 per family of 4**

Saturday 1400-1600

## Masters - 25m Pool

(A structured session led by a qualified coach to improve endurance, speed and technique)

**Price £6.30**

Monday 1200 – 1300

Tuesday 0830 – 0930

Thursday 0830 – 0930

Friday 0830 – 0930

## Gentle Swim- 25m Pool

(For slower paced swimmers and those in rehabilitation)

**Price £5.80**

Tuesday and Thursday 0930 - 1030

## Aquarobics- 25m Pool

(A fun full body workout to music in the water delivered by a qualified coach)

Monday and Thursday 1115 - 1200

**Price £7.30**