

Teaching Pool - Holiday

Northolt Leisure Centre

FAMILY AND FUN

DAY	TIME	SESSION
Monday	08:00 - 09:00	Young at Heart
	13:00 - 15:30	Swim 4 Everyone
Tuesday	13:00 - 15:30	Swim 4 Everyone
Wednesday	08:00 - 09:00	Young at Heart
	12:00 - 13:00	Swim 4 Everyone
	14:00 - 15:00	Swim 4 Everyone
Thursday	08:00 - 09:00	Young at Heart
	12:00 - 15:30	Swim 4 Everyone
Friday	13:00 - 15:30	Swim 4 Everyone
	20:15 - 21:15	Women Only Adult Swim
Saturday	12:00 - 13:30	Swim 4 Everyone
	16:30 - 18:30	Swim 4 Everyone
	18:30 - 19:30	Women Only Swim Session
Sunday	08:00 - 13:30	Swim 4 Everyone
	16:30 - 18:30	Swim 4 Everyone

FITNESS AND HEALTH

DAY	TIME	SESSION
Sunday	18:30 - 19:30	Swim 4 Fitness

Timetable correct as at November 2017.

Please check **www.everyoneactive.com** for any timetable changes.

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WATER WORKOUTS

DAY	TIME	SESSION
Monday	12:00 - 13:00	Aqua Aerobics
Tuesday	12:00 - 13:00	50+ Aqua
	19:00 - 20:00	Aqua Aerobics
Wednesday	13:00 - 14:00	50+ Aqua
Thursday	19:00 - 20:00	Aqua Aerobics
Friday	08:00 - 09:00	50+ Aqua
	12:00 - 13:00	Aqua Aerobics
Saturday	08:00 - 09:00	Aqua Aerobics

HIRE

DAY	TIME	SESSION
Saturday	13:30 - 16:30	Hire
	16.00 - 17.00	Hire
Sunday	13:30 - 16:30	Hire
	16.00 - 18.00	Hire

Timetable correct as at November 2017.

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