

# Training Pool - Term

## Hart Leisure Centre

### FAMILY AND FUN

DAY	TIME	SESSION
Monday	13:30 - 16:00	Swim 4 Everyone
Tuesday	15:00 - 16:00	Swim 4 Everyone
Wednesday	12:30 - 14:30	Young at Heart
	14:30 - 16:00	Swim 4 Everyone
	18:30 - 20:00	Swim 4 Everyone
Thursday	13:30 - 14:30	Swim 4 Everyone
	14:30 - 16:00	Disability Swim
Friday	14:30 - 16:00	Swim 4 Everyone
	18:30 - 20:00	Swim 4 Everyone
Saturday	14:00 - 16:00	Swim 4 Everyone
Sunday	09:00 - 10:00	Young at Heart
	10:00 - 17:00	Swim 4 Everyone

### FITNESS AND HEALTH

DAY	TIME	SESSION
Wednesday	21:00 - 22:00	Swim 4 Fitness
Thursday	20:30 - 22:00	Swim 4 Fitness
Friday	21:00 - 22:00	Swim 4 Fitness

### WATER WORKOUTS

DAY	TIME	SESSION
Monday	12:30 - 13:30	Aqua Class
Tuesday	12:30 - 13:30	Aqua Class
	20:00 - 21:00	Aqua Class
Thursday	12:30 - 13:30	Aqua Class

Timetable correct as at September 2017.

Please check **[www.everyoneactive.com](http://www.everyoneactive.com)** for any timetable changes.