

# Main Pool - Holiday

## The Castle

### FAMILY AND FUN

DAY	TIME	SESSION
Monday	09:00 - 12:00	Swim 4 Everyone
	14:00 - 16:00	Family Fun Swim
	16:00 - 19:00	Swim 4 Everyone (half pool)
	20:00 - 22:00	Women Only
Tuesday	09:00 - 10:00	Swim 4 Everyone
	10:00 - 11:00	Women Only
	11:00 - 12:00	Silver Swim
	14:00 - 16:00	Family Fun Swim
	16:00 - 19:00	Swim 4 Everyone (half pool)
Wednesday	09:00 - 12:00	Swim 4 Everyone
	14:00 - 16:00	Family Fun Swim
	16:00 - 18:00	Swim 4 Everyone
	16:00 - 18:00	Swim 4 Everyone (half pool)
	18:00 - 20:00	Swim 4 Everyone
Thursday	09:00 - 10:00	Swim 4 Everyone
	10:00 - 11:00	Women Only
	11:00 - 12:00	Silver Swim
	14:00 - 16:00	Family Fun Swim
	16:00 - 17:00	Swim 4 Everyone (half pool)
	17:00 - 18:15	Swim 4 Everyone

Timetable correct as at July 2017.

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

# Main Pool - Holiday

## The Castle

### FAMILY AND FUN

DAY	TIME	SESSION
Friday	09:00 - 12:00	Swim 4 Everyone (FSG)
	14:00 - 15:30	Swim 4 Everyone (FSG)
	15:30 - 16:30	Disability Swim (FSG)
	16:30 - 18:00	Family Fun Swim (FSG)
	18:00 - 20:00	Swim 4 Everyone (FSG)
Saturday	09:00 - 12:00	Swim 4 Everyone (half pool)
	12:30 - 13:30	Wet & Wild
	14:00 - 18:00	Swim 4 Everyone (FSG)
Sunday	09:00 - 11:00	Swim 4 Everyone
	12:00 - 14:00	Swim 4 Everyone
	11:00 - 12:00	Family Fun Swim
	14:00 - 16:00	Family Fun Swim (FSG)
	16:00 - 20:00	Swim 4 Everyone (FSG)

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## The Castle

### FITNESS AND HEALTH

DAY	TIME	SESSION
Monday	06:30 - 09:00	Swim 4 Fitness
	12:00 - 14:00	Swim 4 Fitness
	19:00 - 20:00	Swim 4 Fitness
Tuesday	06:30 - 09:00	Swim 4 Fitness
	12:00 - 14:00	Swim 4 Fitness
	19:00 - 22:00	Swim 4 Fitness
Wednesday	06:30 - 09:00	Swim 4 Fitness
	12:00 - 14:00	Swim 4 Fitness
	21:00 - 22:00	Swim 4 Fitness
Thursday	06:30 - 09:00	Swim 4 Fitness
	12:00 - 14:00	Swim 4 Fitness
	20:30 - 22:00	Swim 4 Fitness
Friday	06:30 - 09:00	Swim 4 Fitness (FSG)
	12:00 - 14:00	Swim 4 Fitness (FSG)
	20:00 - 22:00	Swim 4 Fitness (FSG)
Saturday	07:00 - 09:00	Swim 4 Fitness
Sunday	07:00 - 09:00	Swim 4 Fitness
	20:00 - 22:00	Swim 4 Fitness (FSG)

Timetable correct as at July 2017.

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