

Teaching Pool - Holiday

The Castle

FAMILY AND FUN

DAY	TIME	SESSION
Monday	09:00 - 10:00	Swim 4 Everyone
	10:00 - 14:00	Swim 4 Everyone
	14:00 - 16:00	Family Fun Swim
	19:00 - 22:00	Women Only
Tuesday	09:00 - 10:00	Disability Swim
	11:00 - 12:00	Under 5s Fun Swim
	12:00 - 13:30	Women Only
	13:30 - 15:00	Swim 4 Everyone
	15:00 - 16:00	Family Fun Swim
	16:00 - 18:00	Swim Lessons
	18:00 - 19:00	Disability Swim
Wednesday	10:00 - 11:00	Swim 4 Everyone
	11:00 - 12:00	Family Fun Swim
	13:00 - 15:00	Swim 4 Everyone
	15:00 - 16:00	Family Fun Swim
Thursday	09:00 - 10:00	Swim 4 Everyone
	11:00 - 12:00	Under 5s Fun Swim
	12:00 - 13:30	Women Only
	13:30 - 15:00	Swim 4 Everyone
	15:00 - 16:00	Family Fun Swim
	18:00 - 19:00	Disability Swim

Timetable correct as at July 2017.

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

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FAMILY AND FUN

DAY	TIME	SESSION
Friday	09:00 - 10:00	Swim 4 Everyone (FSG)
	10:00 - 11:00	Family Fun Swim (FSG)
	11:00 - 12:00	Swim 4 Everyone (FSG)
	12:00 - 13:00	Under 5s Fun Swim (FSG)
	13:00 - 15:00	Family Fun Swim (FSG)
	15:00 - 16:00	Disability Swim
	16:00 - 18:00	Family Fun Swim (FSG)
	18:00 - 20:00	Swim 4 Everyone (FSG)
Saturday	12:00 - 13:00	Disability Swim
	13:00 - 14:00	Swim 4 Everyone
	14:00 - 16:00	Family Fun Swim (FSG)
	16:00 - 18:00	Swim 4 Everyone (FSG)
Sunday	09:00 - 11:00	Under 5s Fun Swim
	11:00 - 13:00	Family Fun Swim
	13:00 - 14:00	Under 5s Fun Swim
	14:00 - 20:00	Swim 4 Everyone (FSG)

WATER WORKOUTS

DAY	TIME	SESSION
Tuesday	19:00 - 20:00	Aqua
Wednesday	09:00 - 10:00	Silver Aqua
	12:00 - 13:00	Aqua
Thursday	19:00 - 20:00	Aqua

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