

# Main Pool - Holiday

Marshall Street Leisure Centre

## FAMILY AND FUN

| DAY       | TIME          | SESSION         | LANES |
|-----------|---------------|-----------------|-------|
| Monday    | 10:00 - 12:00 | Swim 4 Everyone | 3     |
|           | 16:00 - 17:00 | Swim 4 Everyone | 2     |
| Tuesday   | 10:00 - 12:00 | Swim 4 Everyone | 3     |
|           | 16:00 - 17:00 | Swim 4 Everyone | 2     |
| Wednesday | 10:00 - 12:00 | Swim 4 Everyone | 3     |
|           | 16:00 - 17:00 | Swim 4 Everyone | 2     |
| Thursday  | 10:00 - 12:00 | Swim 4 Everyone | 3     |
|           | 16:00 - 17:00 | Swim 4 Everyone | 2     |
| Friday    | 10:00 - 12:00 | Swim 4 Everyone | 2     |
|           | 16:00 - 17:00 | Swim 4 Everyone | 2     |
| Saturday  | 10:00 - 11:00 | Swim 4 Everyone | 3     |
|           | 12:00 - 14:00 | Swim 4 Everyone | 3     |
| Sunday    | 10:00 - 11:00 | Swim 4 Everyone | 3     |
|           | 12:00 - 14:00 | Swim 4 Everyone | 2     |

Timetable correct as at May 2018.

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

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## FITNESS AND HEALTH

| DAY       | TIME          | SESSION        | LANES |
|-----------|---------------|----------------|-------|
| Monday    | 06:30 - 10:00 | Swim 4 Fitness | 3     |
|           | 12:00 - 16:00 | Swim 4 Fitness | 3     |
|           | 17:00 - 20:00 | Swim 4 Fitness | 2     |
| Tuesday   | 06:30 - 10:00 | Swim 4 Fitness | 3     |
|           | 12:00 - 16:00 | Swim 4 Fitness | 2     |
|           | 17:00 - 20:00 | Swim 4 Fitness | 2     |
| Wednesday | 06:30 - 10:00 | Swim 4 Fitness | 3     |
|           | 12:00 - 16:00 | Swim 4 Fitness | 2     |
|           | 17:00 - 21:45 | Swim 4 Fitness | 3     |
| Thursday  | 06:30 - 10:00 | Swim 4 Fitness | 3     |
|           | 12:00 - 16:00 | Swim 4 Fitness | 2     |
|           | 17:00 - 21:45 | Swim 4 Fitness | 2     |
| Friday    | 06:30 - 10:00 | Swim 4 Fitness | 3     |
|           | 12:00 - 16:00 | Swim 4 Fitness | 2     |
|           | 17:00 - 20:00 | Swim 4 Fitness | 2     |
|           | 19:00 - 21:45 | Ladies Only    |       |
| Saturday  | 08:00 - 10:00 | Swim 4 Fitness | 3     |
|           | 11:00 - 12:00 | Swim 4 Fitness | 3     |
|           | 14:00 - 19:30 | Swim 4 Fitness | 3     |
| Sunday    | 08:00 - 10:00 | Swim 4 Fitness | 3     |
|           | 11:00 - 12:00 | Swim 4 Fitness | 2     |
|           | 14:00 - 19:30 | Swim 4 Fitness | 3     |

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## LEARNING TO SWIM

| DAY       | TIME        | SESSION      |
|-----------|-------------|--------------|
| Monday    | 16:00-18:30 | Swim Lessons |
| Tuesday   | 12:00-13:00 | Swim Lessons |
|           | 16:00-18:00 | Swim Lessons |
| Wednesday | 12:00-14:00 | Swim Lessons |
|           | 16:00-18:00 | Swim Lessons |
| Thursday  | 12:00-13:00 | Swim Lessons |
| Friday    | 10:30-11:00 | School       |
|           | 11:30-12:00 | School       |
|           | 12:30-13:30 | Swim Lessons |
|           | 14:00-15:00 | Swim Lessons |
|           | 16:00-19:00 | Swim Lessons |

## HIRE

| DAY      | TIME          | SESSION |
|----------|---------------|---------|
| Monday   | 20:00 - 22:00 | Clubs   |
| Tuesday  | 20:00 - 22:00 | Clubs   |
| Thursday | 16:30 - 17:30 | Clubs   |
| Friday   | 19:00 - 21:45 | Clubs   |

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