

## Main Pool - Holiday

### Weymouth Swimming Pool & Fitness Centre

#### FAMILY AND FUN

DAY	TIME	SESSION
Monday	09:00 - 10:30	Swim 4 Everyone
	10:30 - 11:30	Adult Gentle Swim
	11:30 - 12:30	Swim 4 Everyone
	12:30 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Swim
	15:00 - 15:30	Swim 4 Everyone
	17:30 - 18:30	Swim 4 Everyone
Tuesday	11:30 - 12:30	Swim 4 Everyone
	12:30 - 14:00	Swim 4 Everyone
	14:00 - 15:30	Family Swim
	15:00 - 15:30	Swim 4 Everyone
	18:00 - 20:00	Swim 4 Everyone
Wednesday	09:00 - 10:30	Swim 4 Everyone
	10:30 - 11:30	Young at Heart
	11:30 - 12:30	Swim 4 Everyone
	12:30 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Swim
	15:00 - 15:30	Swim 4 Everyone
	19:00 - 20:30	Swim 4 Everyone

Timetable correct as at March 2018.

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

## Main Pool - Holiday

### Weymouth Swimming Pool & Fitness Centre

#### FAMILY AND FUN

DAY	TIME	SESSION
Thursday	09:45 - 10:30	Swim 4 Everyone
	11:30 - 12:30	Swim 4 Everyone
	12:30 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Swim
	15:00 - 15:30	Swim 4 Everyone
	17:00 - 19:00	Swim 4 Everyone
	Friday	09:00 - 10:00
10:30 - 11:30		Adult Gentle Swim
11:30 - 12:30		Swim 4 Everyone
12:30 - 14:00		Swim 4 Everyone
14:00 - 15:00		Family Swim
15:00 - 15:30		Swim 4 Everyone
	17:00 - 18:00	Swim 4 Everyone
Saturday	12:00 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Swim
	15:00 - 17:00	Swim 4 Everyone
Sunday	08:30 - 17:00	Swim 4 Everyone

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## Main Pool - Holiday

### Weymouth Swimming Pool & Fitness Centre

#### FITNESS AND HEALTH

DAY	TIME	SESSION
Monday	07:00 - 09:00	Swim 4 Fitness
	12:30 - 14:00	Swim 4 Fitness
	17:30 - 18:30	Swim 4 Fitness
Tuesday	07:00 - 08:30	Swim 4 Fitness
	12:30 - 14:00	Swim 4 Fitness
	18:00 - 19:00	Swim 4 Fitness
Wednesday	07:00 - 09:00	Swim 4 Fitness
	12:30 - 14:00	Swim 4 Fitness
	18:30 - 20:30	Swim 4 Fitness
Thursday	07:00 - 09:00	Swim 4 Fitness
	12:30 - 14:00	Swim 4 Fitness
	18:00 - 19:00	Swim 4 Fitness
Friday	07:00 - 09:00	Swim 4 Fitness
	12:30 - 14:00	Swim 4 Fitness
	17:00 - 18:00	Swim 4 Fitness
Saturday	11:30 - 14:00	Swim 4 Fitness
Sunday	08:30 - 14:00	Swim 4 Fitness

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## Main Pool - Holiday

### Weymouth Swimming Pool & Fitness Centre

#### WATER WORKOUTS

DAY	TIME	SESSION
Tuesday	10:30 - 11:30	Aqua Class
Tuesday	19:00 - 20:00	Aqua Class
Thursday	10:30 - 11:30	Aqua Class
Friday	10:00 - 10:30	Aqua Class

  

HIRE		
DAY	TIME	SESSION
Saturday	17:00 - 21:00	Private Hire
Sunday	17:00 - 21:00	Private Hire

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