

# Main Pool

## Alton Sports Centre

### FAMILY AND FUN

DAY	TIME	SESSION
Monday	09:00 - 10:30	Swim 4 Everyone
	10:30 - 11:30	Family Fun Swim with Flumes
	12:15 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Fun Swim with Flumes
	15:00 - 15:50	Swim 4 Everyone
Tuesday	10:30 - 11:30	Family Fun Swim with Flumes
	11:30 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Fun Swim with Flumes
	15:00 - 15:50	Swim 4 Everyone
	18:00 - 19:00	Swim 4 Everyone
Wednesday	20:00 - 21:00	Swim 4 Everyone
	11:00 - 12:00	Family Fun Swim with Flumes
	12:00 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Fun Swim with Flumes
	15:00 - 17:00	Swim 4 Everyone
Thursday	09:00 - 10:30	Swim 4 Everyone
	10:30 - 11:30	Family Fun Swim with Flumes
	12:20 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Fun Swim with Flumes
	15:00 - 15:50	Swim 4 Everyone
	18:00 - 19:30	Swim 4 Everyone
	20:25 - 21:00	Swim 4 Everyone

Timetable correct as at April 2018.

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

# Main Pool

## Alton Sports Centre

### FAMILY AND FUN

DAY	TIME	SESSION
Friday	09:00 - 10:30	Swim 4 Everyone
	10:30 - 11:30	Family Fun Swim with Flumes
	11:30 - 14:00	Swim 4 Everyone
	14:00 - 15:00	Family Fun Swim with Flumes
	15:00 - 15:50	Swim 4 Everyone
Saturday	11:00 - 12:00	Family Fun Swim with Flumes
	12:00 - 14:45	Swim 4 Everyone
	14:45 - 15:45	Family Fun Swim with Flumes
Sunday	08:00 - 10:00	Swim 4 Everyone
	10:30 - 12:00	Family Fun Swim with Flumes
	12:00 - 14:45	Swim 4 Everyone
	14:45 - 16:00	Family Fun Swim with Flumes
	16:00 - 17:00	Swim 4 Everyone
	19:00 - 21:00	Swim 4 Everyone

Timetable correct as at April 2018.

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# Main Pool

## Alton Sports Centre

### FITNESS AND HEALTH

DAY	TIME	SESSION
Monday	06:45 - 09:00	Swim 4 Fitness (4 Lanes)
	09:00 - 10:30	Swim 4 Fitness (3 Lanes)
	12:15 - 14:00	Swim 4 Fitness
	15:00 - 15:50	Swim 4 Fitness
	19:00 - 21:00	Swim 4 Fitness
Tuesday	06:45 - 09:00	Swim 4 Fitness
	09:00 - 10:00	Coached Swim 4 Fitness
	11:30 - 14:00	Swim 4 Fitness
	15:00 - 15:50	Swim 4 Fitness
	18:00 - 19:00	Swim 4 Fitness
	20:00 - 21:00	Swim 4 Fitness
Wednesday	21:00 - 22:00	Swim 4 Fitness
	06:45 - 08:30	Swim 4 Fitness (4 Lanes)
	12:00 - 14:00	Swim 4 Fitness
Thursday	15:00 - 17:00	Swim 4 Fitness
	06:45 - 09:00	Swim 4 Fitness
	9:00 - 10:30	Swim 4 Fitness
	12:20 - 14:00	Swim 4 Fitness
	15:00 - 15:50	Swim 4 Fitness
	18:00 - 19:30	Swim 4 Fitness
	20:25 - 21:00	Swim 4 Fitness
	21:00 - 22:00	Swim 4 Fitness

Timetable correct as at April 2018.

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## Alton Sports Centre

### FITNESS AND HEALTH

DAY	TIME	SESSION
Friday	06:45 - 09:00	Swim 4 Fitness
	09:00 - 10:30	Coached Swim 4 Fitness (4 Lanes)
	11:30 - 14:00	Swim 4 Fitness
	15:00 - 15:50	Swim 4 Fitness
	20:30 - 22:00	Swim 4 Fitness
Saturday	12:00 - 14:45	Swim 4 Fitness
Sunday	08:00 - 10:00	Swim 4 Fitness (4 Lanes)
	12:00 - 14:45	Swim 4 Fitness
	16:00 - 17:00	Swim 4 Fitness
	18:00 - 19:00	Swim 4 Fitness
	19:00 - 21:00	Swim 4 Fitness
	21:00 - 22:00	Swim 4 Fitness

### WATER WORKOUTS

DAY	TIME	SESSION
Monday	11:30 - 12:15	50+ Aqua
Tuesday	19:00 - 19:55	Aqua Aerobics
Thursday	11:35 - 12:20	Aqua Fit
	19:30 - 20:25	Aqua Aerobics

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