

Main Pool - Holiday

Montem Leisure Centre

FAMILY AND FUN

DAY	TIME	SESSION
Monday	09:30 - 12:00	Family Fun Swim
	13:00 - 15:00	Swim 4 Everyone
	15:00 - 16:00	Young at Heart
Tuesday	09:30 - 12:00	Family Fun Swim
	13:00 - 15:00	Swim 4 Everyone
	15:00 - 16:00	Adult Gentle Swim
	20:45 - 21:45	Women Only (minimum of 3 lanes) - 14yrs+
Wednesday	09:45 - 10:45	Women Only (minimum of 4 lanes)
	11:00 - 12:00	Swim 4 Everyone
	13:00 - 15:00	Family Fun Swim
	15:00 - 16:00	Swim 4 Everyone
Thursday	09:30 - 11:00	Swim 4 Everyone
	11:00 - 12:00	Young at Heart
	13:00 - 15:00	Family Fun Swim
	15:00 - 16:00	Adult Gentle Swim
	16:00 - 18:00	Swim 4 Everyone (minimum of 3 lanes)
Friday	09:30 - 12:00	Family Fun Swim
	13:00 - 15:00	Swim 4 Everyone
	15:00 - 16:00	Young at Heart
	16:00 - 19:00	Swim 4 Everyone (minimum of 3 lanes) (men out at 19:00)
	19:30 - 20:30	Women Only (minimum of 3 lanes)
	20:45 - 21:45	Women Only (minimum of 3 lanes)

Timetable correct as at September 2017.

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

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DAY	TIME	SESSION
Saturday	10:00 - 12:00	Swim 4 Everyone (minimum of 3 lanes)
	13:00 - 14:30	Family Fun Swim
	14:30 - 16:30	Swim 4 Everyone
Sunday	10:00 - 12:00	Swim 4 Everyone (minimum of 3 lanes)
	13:00 - 14:30	Family Fun Swim
	14:30 - 16:30	Swim 4 Everyone

FITNESS AND HEALTH

DAY	TIME	SESSION
Monday	06:30 - 08:30	Swim 4 Fitness
	12:00 - 13:00	Swim 4 Fitness
	16:00 - 18:00	Swim 4 Fitness (minimum of 3 lanes)
	21:00 - 22:00	Swim 4 Fitness
Tuesday	06:30 - 08:30	Swim 4 Fitness
	12:00 - 13:00	Swim 4 Fitness
	16:00 - 20:30	Swim 4 Fitness (minimum of 3 lanes)
Wednesday	06:30 - 08:30	Swim 4 Fitness
	12:00 - 13:00	Swim 4 Fitness
	12:00 - 13:00	Swim 4 Fitness (Coached)
	16:00 - 22:00	Swim 4 Fitness (minimum of 2 lanes)

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FITNESS AND HEALTH

DAY	TIME	SESSION
Thursday	06:30 - 08:30	Swim 4 Fitness
	12:00 - 13:00	Swim 4 Fitness
	18:00 - 22:00	Swim 4 Fitness (minimum of 3 lanes)
Friday	06:30 - 08:30	Swim 4 Fitness
	12:00 - 13:00	Swim 4 Fitness
Saturday	12:00 - 13:00	Swim 4 Fitness
	16:30 - 17:30	Swim 4 Fitness
Sunday	12:00 - 13:00	Swim 4 Fitness
	16:30 - 18:00	Swim 4 Fitness

WATER WORKOUTS

DAY	TIME	SESSION
Monday	09:00 - 09:45	Aqua Class
Wednesday	10:00 - 10:45	Women Only Aqua Class

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