

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Lane Swimming</b> 0700 - 0930	<b>Lane Swimming</b> 0700 – 0930	<b>Lane Swimming</b> 0700 - 0930	<b>Lane Swimming</b> 0700 - 0930	<b>Lane Swimming</b> 0700 - 0900	<b>Lane Swimming</b> 0700 - 1000	
	<b>Aquafit</b> 11.00-12.00		<b>Aquafit</b> 11.00-12.00			<b>Lane Swimming</b> 9.00-11.00
<b>Lane Swimming</b> 12.00-13.00	<b>Lane Swimming</b> 12.00-13.00	<b>Lane Swimming</b> *11.30-12.30*	<b>Lane Swimming</b> 12.00-13.00	<b>Lane Swimming</b> 12.00 -13.00		<b>FAMILY FUN SESSION</b> 11.00-12.00
<b>Lane Swimming</b> 17.00-18.00						
<b>Lane Swimming</b> 19.30-20.30			<b>Lane Swimming</b> 21.00-22.00	<b>Lane Swimming</b> 20.30-21.30		

**\*\*\*\*\* From September 2011\*\*\*\*\***