

POOL PROGRAMME - MAY TO AUGUST 2014

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6.30 am							
7.00 am							
7.30 am							
8.00 am							
8.30 am							
9.00 am							
9.30 am							
10.00 am							
10.30 am							
11.00 am		Aqua		Aqua			
11.30 am		11.00 - 12.00		11.00 - 12.00			
12.00 pm							
12.30 pm	Aqua				Aqua Circuits	Children's Swimming	
1.00 pm	12.30 - 13.30				12.45 - 13.30	Lessons	
1.30 pm						12.00 - 16.30	
2.00 pm							
2.30 pm							
3.00 pm							
3.30 pm						Family Swim	Family Swim
4.00 pm						15.00 - 18.00	15.00 - 18.00
4.30 pm							
5.00 pm							
5.30 pm							
6.00 pm							
6.30 pm							
7.00 pm							
7.30 pm							
8.00 pm							
8.30 pm							
9.00 pm							
9.30 pm							

Aqua - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

Aqua Circuits - A high intensity water based class, involving non weight bearing exercises that combines a mixture of aerobic, strength and abdominal training elements.

HEALTH CLUB OPENING TIMES:
6.30am - 10.00pm Weekdays
7.30am - 9.00pm Weekends



* Please note that during certain Aqua classes only one lane may be available for swimmers