

Monday

6.00am – 8.30am 50M Adult Lane Swimming (2m)

9.00am – 12.00pm Adult Lane Swimming (2m)

6.00am – 4.00pm Adult Lane Swimming (1.2m)

4.00pm – 8.00pm Swimming for All (1.2m)

6.30pm – 9.00pm Adult Lane Swimming (2m)

8.00pm – 9.30pm Adult Lane Swimming (1.2m)

Tuesday

6.00am – 8.30am 50M Adult Lane Swimming (2m)

9.00am – 12.00pm Adult Lane Swimming (2m)

6.00am – 4.00pm Adult Lane Swimming (1.2m)

4.00pm – 8.00pm Swimming for All (1.2m)

7.30pm – 9.00pm Adult Lane Swimming (2m)

8.00pm – 9.30pm Adult Lane Swimming (1.2m)

Wednesday

6.00am – 8.30am 50M Adult Lane Swimming (2m)

9.00am – 12.00pm Adult Lane Swimming (2m)

6.00am – 4.00pm Adult Lane Swimming (1.2m)

4.00pm – 8.00pm Swimming for All (1.2m)

4.30pm – 9.00pm Adult Lane Swimming (2m)

8.00 – 9.30pm Adult Lane Swimming (1.2m)

Thursday

6.00am – 8.30am 50M Adult Lane Swimming (2m)

9.00am - 12.00pm Adult Lane Swimming (2m)

6.00am – 4.00pm Adult Lane Swimming (1.2m)

4.00pm – 8.00 pm Swimming for All (1.2m)

6.30pm – 9.00pm Adult Lane Swimming (2m)

8.00pm – 9.30pm Adult Lane Swimming (1.2m)

Friday

6.00am – 8.30am 50M Adult Lane Swimming (2m)

9.00am – 12.00pm Adult Lane Swimming (2m)

6.00am – 4.00pm Adult Lane Swimming (1.2m)

4.00pm – 8.00pm Swimming for All (1.2m)

6.30pm – 9.00pm Adult Lane Swimming (2m)

8.00pm – 9.30pm Adult Lane Swimming (1.2m)

Saturday

7.00am – 9.30am 50M Adult Lane Swimming (2m)

7.00am – 10.00am Adult Lane Swimming (1.2m)

10.00am – 2.00pm Swimming for All (1.2m)

2.00pm – 5.00pm Adult Lane Swimming (1.2m)

3.30pm – 7.30pm 50M Adult Lane Swimming (2m)

Sunday

8.00am – 9.30am 50M Adult Lane Swimming (2m)

8.00am – 10.00am Adult Lane Swimming (1.2m)

10.00am – 2.00pm Swimming for All (1.2m)

2.00pm – 4.30pm Adult Lane Swimming (1.2m)

3.30pm – 7.30pm 50M Adult Lane Swimming (2m)

Saturday 28th October

7.00am – 9.30am	Adult Lane Swimming (2m)
7.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 2.00pm	Swimming for All (1.2m)
2.00pm – 5.00pm	Adult Lane Swimming (1.2m)
3.30pm – 7.30pm	Adult Lane Swimming (2m)

Sunday 29th October

8.00am – 9.30am	Adult Lane Swimming (2m)
8.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 2.00pm	Swimming for All (1.2m)
2.00pm – 5.00pm	Adult Lane Swimming (1.2m)
3.30pm – 7.30pm	Adult Lane Swimming (2m)

Monday 30th October

6.00am – 8.30am	Adult Lane Swimming (2m)
6.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 8.00pm	Swimming for All (1.2m)
5.00pm – 9.00pm	Adult Lane Swimming (2m)
8.00pm – 9.30pm	Adult Lane Swimming (1.2m)

Tuesday 31st October

6.00am – 8.30am	Adult Lane Swimming (2m)
6.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 8.00pm	Swimming for All (1.2m)
5.00pm – 9.00pm	Adult Lane Swimming (2m)
8.00pm – 9.30pm	Adult Lane Swimming (1.2m)

Wednesday 1st November

6.00am – 8.30am	Adult Lane Swimming (2m)
6.00am – 10.00am	Adult Lane Swimming (1.2m)

10.00am – 8.00pm	Swimming for All (1.2m)
5.00pm – 9.00pm	Adult Lane Swimming (2m)
8.00pm – 9.30pm	Adult Lane Swimming (1.2m)

Thursday 2nd November

6.00am – 8.30am	Adult Lane Swimming (2m)
6.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 8.00pm	Swimming for All (1.2m)
6.30pm – 9.00pm	Adult Lane Swimming (2m)
8.00pm – 9.00pm	Adult Lane Swimming (1.2m)

Friday 3rd November

6.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 8.00pm	Swimming for All (1.2m)
6.30pm – 9.00pm	Adult Lane Swimming (2m)
8.00pm – 9.30pm	Adult Lane Swimming (1.2m)

Saturday 4th November

7.00am – 9.30am	Adult Lane Swimming (2m)
7.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 2.00pm	Swimming for All (1.2m)
2.00pm – 5.00pm	Adult Lane Swimming (1.2m)
3.30pm – 7.30pm	Adult Lane Swimming (2m)

Sunday 5th November

8.00am – 9.30am	Adult Lane Swimming (2m)
8.00am – 10.00am	Adult Lane Swimming (1.2m)
10.00am – 2.00pm	Swimming for All (1.2m)
2.00pm – 5.00pm	Adult Lane Swimming (1.2m)
3.30pm – 7.30pm	Adult Lane Swimming (2m)