









MAIN POOL TERM TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|--------------------------------------|--------------------------------------|---------------------------------|--------------------------------------|--------------------------------|--------------------------------------|
| 06.30 08.55 LANE SWIM | 06.30 08.55 LANE SWIM | 06.30 08.55 LANE SWIM | 06.30 08.55 LANE SWIM | 06.30 08.55 LANE SWIM | 07.00 08.55 LANE SWIM | 07.00 08.55 LANE SWIM |
| 09.00 11.55 PUBLIC SWIM | 09.00 09.55 SILVER SWIM | 09.00 11.55 PUBLIC SWIM | 09.00 09.55 SILVER SWIM | 09.00 11.55 PUBLIC SWIM | 09.00 12.55 PUBLIC SWIM | 09.00 11.00 SOUTHWARK AQUATICS |
| 09.00 11.55 SCHOOLS | 10.00 10.55 WOMEN ONLY | 09.00 12.00 SCHOOLS | 10.00 10.55 WOMEN ONLY | 12.00 13.25 LANE SWIM | 09.00 13.00 SWIM LESSONS | 11.00 12.55 PUBLIC SWIM |
| 12.00 13.25 LANE SWIM | 11.00 11.55 AQUA AEROBICS | 12.00 13.25 LANE SWIM | 11.00 11.55 AQUA AEROBICS | 13.30 14.55 PUBLIC SWIM | 13.00 13.55 LANE SWIM | 13.00 13.55 LANE SWIM |
| 13.30 14.55 PUBLIC SWIM | 12.00 13.25 LANE SWIM | 13.30 14.55 PUBLIC SWIM | 12.00 13.25 LANE SWIM | 13.30 15.00 SCHOOLS | 14.00 15.55 PUBLIC SWIM | 14.00 17.55 PUBLIC SWIM |
| 13.30 15.00 SCHOOLS | 13.30 14.55 PUBLIC SWIM | 13.30 15.00 SCHOOLS | 13.30 14.55 PUBLIC SWIM | 15.00 15.55 LANE SWIM | 16.00 17.45 LANE SWIM | 18.00 21.30 LANE SWIM |
| 15.00 15.55 LANE SWIM | 13.30 15.00 SCHOOLS | 15.00 15.55 LANE SWIM | 13.30 15.00 SCHOOLS | 16.00 18.55 PUBLIC SWIM | | |
| 16.00 18.55 PUBLIC SWIM | 15.00 15.55 LANE SWIM | 16.00 18.55 PUBLIC SWIM | 15.00 15.55 LANE SWIM | 16.00 19.00 SWIM LESSONS | | |
| 16.00 19.00 SWIM LESSONS | 16.00 19.00 SWIM LESSONS | 16.00 19.00 SWIM LESSONS | 16.00 19.00 SWIM LESSONS | 19.00 21.00 SOUTHWARK AQUATICS | | |
| 19.00 20.55 LANE SWIM | 19.00 19.55 LANE SWIM | 19.00 20.55 LANE SWIM | 19.00 19.55 WOMEN ONLY | 21.00 21.45 LANE SWIM | | |
| 19.00 21.00 SOUTHWARK AQUATICS | 20.00 21.00 PRIVATE HIRE | 19.00 21.00 SOUTHWARK AQUATICS | 20.30 21.30 SUB AQUA | | | |
| 21.00 21.45 LANE SWIM | 19.00 21.00 SOUTHWARK AQUATICS | 21.00 21.45 LANE SWIM | | | | |
| | 21.00 21.45 LANE SWIM | | | | | |

| KEY | | | | |
|---|--|---|---|--|
|  AQUATICS |  LANE SWIM |  PUBLIC SWIM |  SILVER SWIM |  SWIM LESSONS |
|  AQUA AEROBICS |  PRIVATE HIRE |  SCHOOLS |  SUB AQUA |  WOMEN ONLY |

* timetable is subject to change

TEACHING POOL TERM TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|--|-------------------------------------|
| 09.00 11.30 SCHOOLS | 09.00 11.30 SCHOOLS | 09.00 11.30 SCHOOLS | 10.00 11.00 SILVER AQUA | 09.00 11.00 ADULT & CHILD | 08.00 10.00 ADULT & CHILD | 10.00 11.00 AQUAFIT |
| 11.30 12.30 SILVER AQUA | 11.30 13.00 DISABILITY SWIM | 12.00 13.30 ADULT LESSONS | 11.00 12.00 GOOD BOOST | 12.00 13.00 AQUA AEROBICS | 10.00 13.00 SWIM LESSONS | 11.00 11.55 FAMILY FUN |
| 13.00 15.00 SCHOOLS | 12.00 13.30 GOOD BOOST | 13.00 15.00 SCHOOLS | 12.00 13.00 UNDER 5'S SWIM | 13.00 15.00 SCHOOLS | 13.00 14.00 AQUA AEROBICS | 12.00 12.55 UNDER 5'S SWIM |
| 15.00 15.55 UNDER 5'S SWIM | 13.00 15.00 SCHOOLS | 15.00 15.55 WOMEN ONLY | 13.00 15.00 SCHOOLS | 15.00 15.55 UNDER 5'S SWIM | 14.00 14.55 POOL PARTY | 13.00 13.55 FAMILY FUN |
| 16.00 19.00 SWIM LESSONS | 15.00 15.55 FAMILY FUN | 16.00 19.00 SWIM LESSONS | 15.00 15.55 FAMILY FUN | 16.00 19.00 SWIM LESSONS | 11.30 13.00 FAMILY DISABILITY SWIM | 14.00 15.55 UNDER 5'S SWIM |
| 19.00 20.00 AQUA AEROBICS | 16.00 19.00 SWIM LESSONS | 19.00 20.00 DISABILITY SWIM | 16.00 19.00 SWIM LESSONS | 19.00 20.00 AQUAFIT | 16.00 16.55 FAMILY FUN | 16.00 17.55 FAMILY FUN |
| | 19.00 20.00 PRIVATE HIRE | | 19.00 20.00 BSA | | 17.00 17.45 ADULT SWIM | |

| KEY | | | | | | |
|---------------|-----------------|------------------------|--------------|-------------|----------------|------------|
| ADULT & CHILD | DISABILITY SWIM | FAMILY DISABILITY SWIM | POOL PARTY | SCHOOLS | SWIM LESSONS | WOMEN ONLY |
| AQUA AEROBICS | FAMILY FUN | GOOD BOOST | PRIVATE HIRE | SILVER AQUA | UNDER 5'S SWIM | |

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