

QUICK GUIDE

MONDAY

09.30 - 10.30 Adult Swim
09.30 - 10.30 Legs, Bums & Tums
10.30 - 11.15 Fitness Pilates
11.30 - 12.00 Aqua Mobility
12.00 - 13.00 Lunchtime Swim
16.30 - 18.00 Junior Climbing Club
18.30 - 19.30 Fun & Floats
19.30 - 21.00 Public Swim
19.45 - 20.45 Circuits
20.00 - 22.00 Climbing Wall Open Session

TUESDAY

06.30 - 08.30 Early Bird Swim
12.00 - 12.45 Aqua Trim
13.15 - 14.15 50+ Badminton
14.15 - 15.15 50+ Swim
18.00 - 18.45 Aerobics
18.30 - 19.30 Public Swim
18.45 - 19.30 Legs, Bums & Tums
19.45 - 20.30 Fitness Pilates



WEDNESDAY

06.30 - 08.30 Early Bird Swim
09.30 - 10.30 Adult Swim
09.30 - 10.30 Circuits
10.00 - 11.00 Mobility Class
11.00 - 12.00 50+ Circuits
11.00 - 11.30 Floor Mobility
12.00 - 13.00 Lunchtime Swim
16.30 - 22.00 Climbing Wall Open Session
18.30 - 19.15 Salsacise (Town Hall)
18.30 - 19.30 Free Under 16's Swim
19.30 - 20.30 Boxercise
19.30 - 20.15 Fitness Pilates (Town Hall)
19.30 - 21.00 Public Swim
20.30 - 21.15 Dance Class (Town Hall)

THURSDAY

06.30 - 08.30 Early Bird Swim
12.00 - 12.45 Aqua Aerobics
16.30 - 18.00 Climbing Wall Open Session
18.15 - 19.00 Step Aerobics
19.30 - 20.30 Aqua Aerobics
19.30 - 22.00 Climbing Wall Open Session
19.30 - 20.30 Circuits
20.30 - 21.30 Adult Swim

FRIDAY

09.30 - 10.30 Parent & Toddler Swim
09.45 - 10.45 Boxercise
10.00 - 11.30 Gym & Bounce
11.30 - 12.30 Adults Swim
12.00 - 13.00 50+ Circuits
18.30 - 20.30 Public Swim

SATURDAY

14.00 - 16.00 Fun & Floats
16.00 - 17.00 Free Over 60's Swim
18.00 - 19.00 Free Under 16's Swim

SUNDAY

09.00 - 10.00 Public Swim
10.00 - 12.00 Junior Badminton Club
10.00 - 12.00 Family Swim
10.00 - 11.30 Junior Climbing Club
10.30 - 11.30 Yoga
10.00 - 15.00 Junior Climbing Club

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