







# Bedford Heights


	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday							Family Swim		LA Aqua		Adult & Child Swim a Song (HP)		Aqua Circuits		Adult Lessons					Swim Academy						LA Aqua		Swimfit			
Tuesday							Aqua Circuits					Aqua Fit		Family Swim		Closed for cleaning					Swim Academy					Adult Lessons		Aqua Fit			
Wednesday		Swimfit					Adult Lessons				LA Aqua							Family Swim			Swim Academy				Aqua Circuits						
Thursday							Swimfit		Pre School (HP)	Adult & Child (HP)						Closed for cleaning					Swim Academy		Aqua Fit		Swimfit						
Friday							Family Swim	Aqua Circuits		Pre School (HP)											Swim Academy		Aqua Circuits								
Saturday							Swim Academy		Pre School (HP)	Adult & Child (HP)					Family Swim																
Sunday															Family Swim																


**Key**  
 Closed  
 Member Swim  
 LA Aqua (members only)  
 Family Swim (members only)

All sessions in **blue** to be open to the public for booking. See key to the right for details

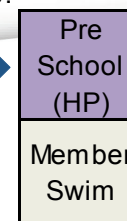
 **Swim Academy Classes**  
 Where class capacity or class type allows, a lane will be made available for member swim.

 **Adult Lessons**  
 A member swim lane will be made available during these sessions.

 **Swim Fit and Aqua Classes**  
 A member swim lane will be made available during these sessions.

 **Adult & Child, Swim a Song, Pre School Ducklings**  
 These programmes will occupy half a pool which will be split across it's width rather than length as shown in the diagram

**For All Programmes & Classes**  
 Where demand or capacity requires, the whole pool can be utilised.



**LA fitness**  
 We'll get there together.

**BRITISH** Swimming  
 ACCREDITED CENTRE