

Bedford Park

	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							LA Aqua							Pre School (HP)						Swim Academy						Aqua Circuits						
Tuesday							Adult & Child Swim a Song (HP)	Aqua Fit					Swimfit			LA Aqua					Swim Academy			Adult Lessons		Aqua Fit						
Wednesday		Swimfit					LA Aqua						Aqua Circuits								Swim Academy					LA Aqua						
Thursday							Adult & Child (HP)	Pre School (HP)	Aqua Circuits				Adult Lessons			LA Aqua					Swim Academy			Aqua Fit		Swimfit						
Friday							LA Aqua						Aqua Fit								Swim Academy			Swimfit								
Saturday	Closed																															
Sunday																																

- 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.

