









# Cambridge

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

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

Various sessions will 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.
-  **Swim Fit**  
A member swim lane will be made available during these sessions.
-  **Adult Lessons**  
A member swim lane will be made available during these sessions.
-  **Parent & 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**  
The whole pool may be utilised due to capacity and the size of the pool - where possible a lane will be made available for member swim.

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

Delivered in partnership with Community Swimming

  
 the asa  
 accredited centre