

# Colchester

	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			
<b>Monday</b>		Swimfit						Aqua Fit												Swim Academy									Swimfit					
<b>Tuesday</b>										Aqua Fit											Swim Academy						Adult Lessons			Aqua Fit				
<b>Wednesday</b>		Swimfit														Adult & Child (HP)				Swim Academy									LA Aqua					
<b>Thursday</b>							Pre School (HP)				LA Aqua		Aqua Circuits								Swim Academy						Adult Lessons		Aqua Fit					
<b>Friday</b>		Swimfit																			Swim Academy													
<b>Saturday</b>	Closed			Swim Academy																														
<b>Sunday</b>	Closed																																	

- 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.

