Fareham

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