









# Glasgow – Argyle St

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