









# Glasgow – Milngavie

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