

# Holborn

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



Delivered in partnership with Community Swimming

