

Kings Lynn

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

- 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.

