

Lincoln City

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

