

# Lincoln SW

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

- 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.

