









Loughborough

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