

# Newark

	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
<b>Monday</b>							Aqua Fit		Pre School (HP)	Adult & Child (HP)	Adult Lessons		Aqua Circuits							Swim Academy					Swim fit	LA Aqua					
<b>Tuesday</b>		Swimfit							Aqua Fit											Swim Academy					Adult Lessons		Aqua Circuits				
<b>Wednesday</b>						Adult Lessons			LA Aqua				Swimfit							Swim Academy				Swim fit	Aqua Fit						
<b>Thursday</b>									Adult & Child Swim a Song (HP)				Aqua Fit							Swim Academy				Swimfit							
<b>Friday</b>								Pre School (HP)	LA Aqua		Swim fit		Aqua Circuits							Swim Academy				Aqua Circuits							
<b>Saturday</b>						Swim Academy			Pre School (HP)	Adult & Child (HP)					Family Swim																
<b>Sunday</b>															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.

